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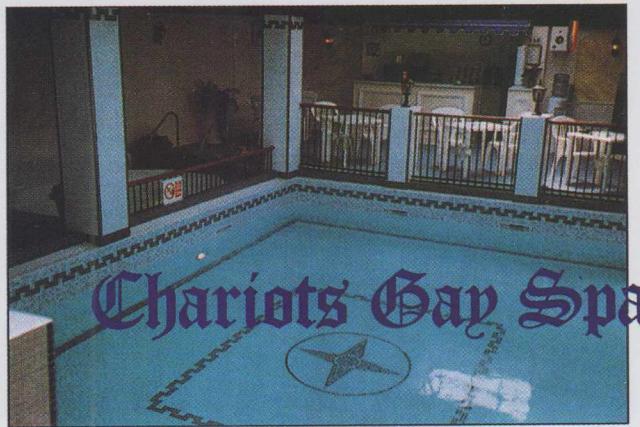
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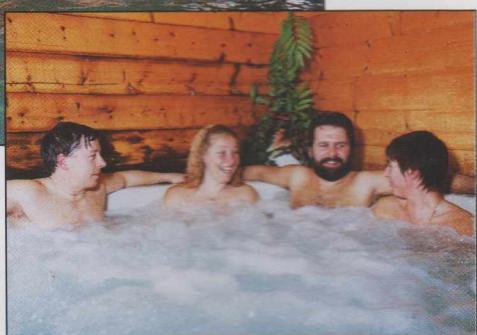
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# Rules are to be broken?

N

aked living is supposed to be about freedom, but we've subconsciously built up a set of rules for ourselves. It's good manners, not to say hygienic, to place our towel down on a seat before we sit on it. I can't help but wrinkle my nose when I see a hot, sweaty bum on an uncovered chair, yet I wonder at the pragmatism of those who always have a carefully placed towel at the ready - I don't know if it says more about the state of their bottom, or everyone else's!

There are loads of other unwritten rules, like not enquiring what one does for a living, about their relationship with the person they're with, or whether their wife knows where they are! In this issue we look at the other "commandments" all good naturists religiously obey, even though we pretend we are such free spirits!

We have a "biggie" on France, the main naked destinations - and a few smaller ones, a feature on going independent in Crete and our usual mix of features on health - you've to be fit to keep up with us!



HELEN  
**Ludbrook**

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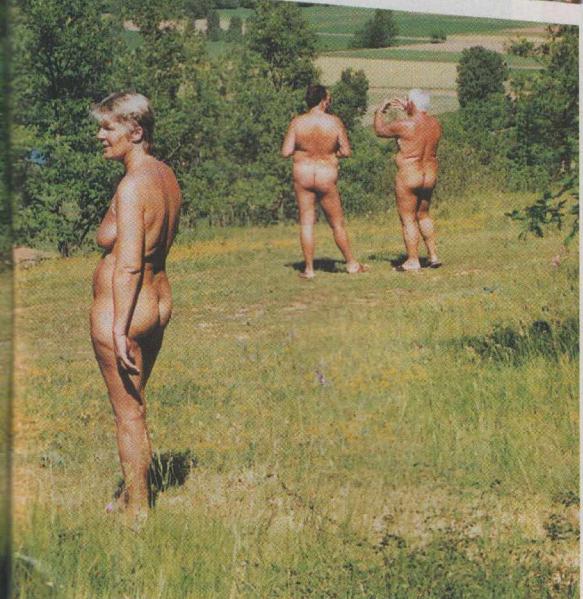
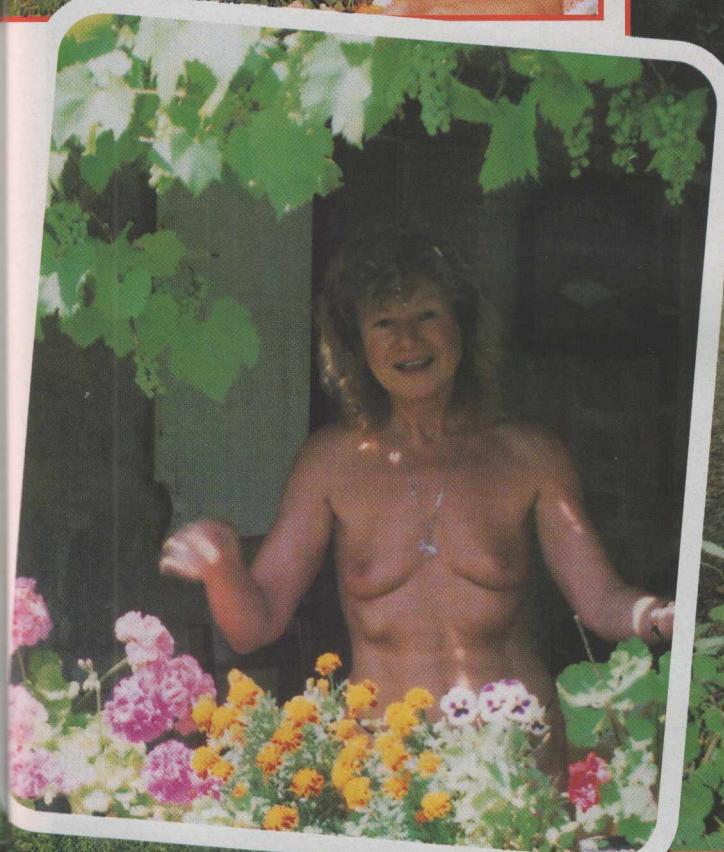
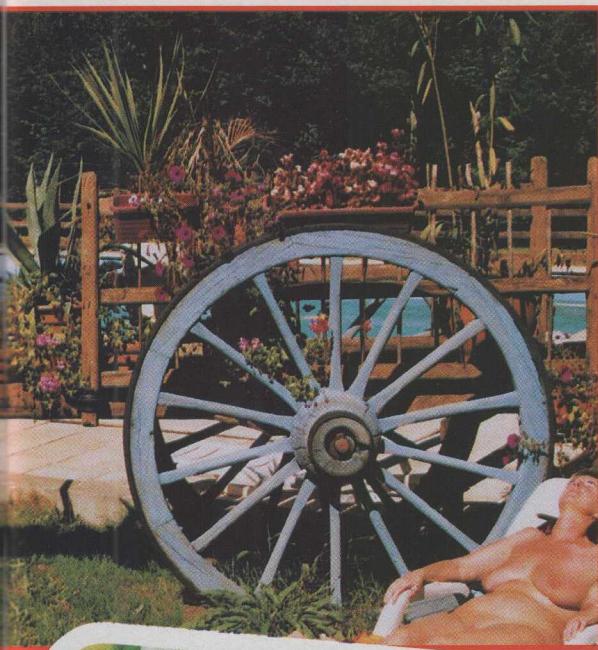
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Ditch the package holiday - you can do it yourself in Crete!

**Mark Carlton**





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#### THE 99th YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are wonderful! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them.

From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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All news items are published in good faith. However as regards content and accuracy we are reliant on information which we receive from contributors. In the event of any error we will endeavour to publish a suitable correction in the next issue following the matter being brought to our attention.

# France's naked coast

Across the water from Britain is a country where naked opportunities abound. Mike Gregor reports on the best the French coastline has to offer



A sunny but temperate climate, miles of spectacular beaches and the tolerant and liberal attitudes of the French people themselves have combined to make France the undisputed world leader as far as naturist leisure facilities are concerned.

Throughout the length and breadth of this wonderful country, which has the largest surface area and yet the lowest population density in the whole of Europe, there are literally hundreds of holiday places, ranging from tiny isolated camp sites to huge complete self-contained naturist villages.

Whatever kind of naturist you are, whatever your particular holiday likes or dislikes and whatever your budget, it is practically guaranteed that you will find what you are looking for in naturist France.

Naturist leisure is so important to them that "Maison de France", the official association of French naturist holiday centres, has an office in almost every major capital city in the world.

I'm concentrating on naturist sites that are either on the coast or have a naturist beach within easy reach and I'm including the island of Corsica. All holiday sites are members of Maison de France and comply with its high standards of quality. English is spoken at reception and visitors will need to provide either a current CCBN/INF card or, in some cases, proof of a bona fide naturist club membership.

Booking is recommended always and is absolutely essential during the peak season. Those sites starred \*\* are open all year round - the remainder are only open during the season, which usually lasts from about the beginning of May to late September or mid-October.

## NATURISM PALLIETER

22130 Planoet. Tel: 33 (2) 96830515.

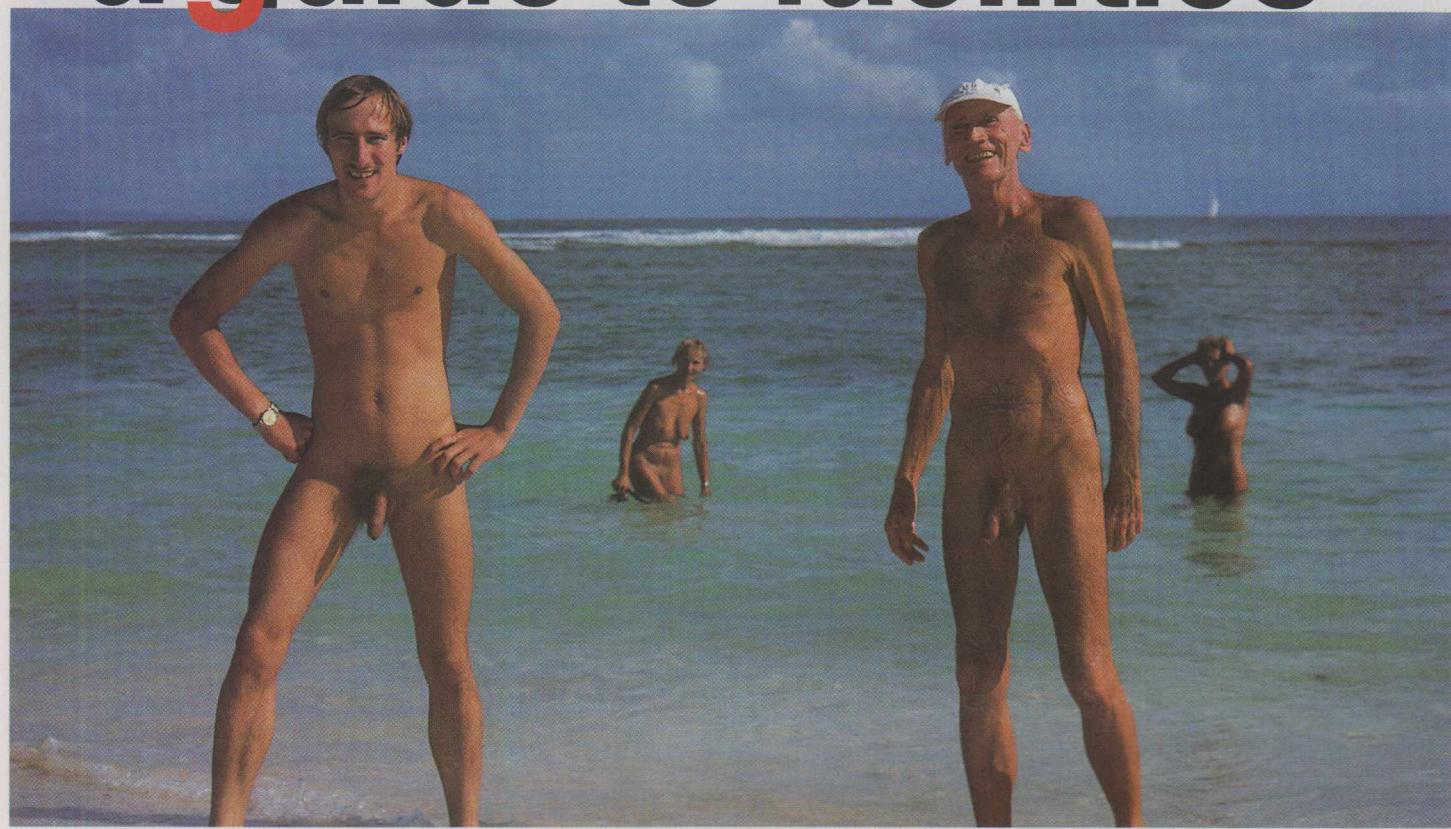
Although not as warm as Southern France, Brittany has a pretty good summer climate and this smallish camping site is a good bet for those not wishing to travel too far. It's just a short drive from the port of le Havre and is therefore the nearest French naturist holiday site to mainland Britain. A few miles inland, but convenient for the four naturist beaches in this part of Brittany known as the Emerald Coast, Pallieter has 38 pitches for tents or caravans, 4 units for hire and adequate toilet and sporting facilities.

## EURONAT \*\*

33590 Grayan l'Hospital. Tel: 33 (5) 56093333.

Situated right on the Atlantic coast with

# -a guide to facilities



almost a mile of golden sandy beach, Euronat is a huge completely self-contained village with every facility imaginable, including a cinema and 22 shops and restaurants. It was the first naturist village and is still the largest naturist resort in Europe.

Among the quite incredible range of facilities there is even a thalassotherapy centre - a method of using natural sea water in the treatment of health and fitness disorders. There are spaces at Euronat for almost 1500 tents or caravans and about another 500 for hire. This is an ideal place for those whose holidays are centred on sporting activities.

**CHM de MONTALIVET \*\***  
33930 Vendays Montalivet. Tel: 33 (5) 56732670.

Just along the coast from Euronat, and with almost all the same facilities, this long-established naturist village is about half the overall size, but has almost twice the number of placements as its near neighbour. Some very nice luxury mobile homes and bungalows for hire.

**LA JENNY**  
33680 Le Porge. Tel: 33 (5) 56265690.

Another good place for sports fans but also very popular with families, who come here regularly from all over Europe. A very large self-contained village also right on the coast

where the huge Atlantic breakers make this place a surfer's paradise, but different in many ways from its two nearest naturist neighbours. No camping or caravanning here, but 750 beautifully constructed wooden chalets to rent (or they can even be bought outright) are hidden among the pine forest which surrounds an incredible swimming pool complex.

There is even a golf course at La Jenny - the only place in the world as far as I am aware where sporty types can practice their swing in the nude. Cycling through the woods on hired bikes is very popular, as are the special feature activity holidays for children.

**ARNAOUTCHOT**  
40560 Velle-Saint-Girons. Tel: 33 (5) 58491111.

Another large resort on the Atlantic coast with space for almost 400 tents or caravans and 127 units available for hire. Ideal for families, especially those with younger children. Use the on-site restaurant or take away service or go outside to one of the many local villages for a treat of Basque cooking. Not far from the Spanish border for bargain booze or trinkets.

**SOURCE SAINT PIERRE**  
34150 Aniane. Tel: 33 (4) 67577695.

A very pretty, secluded but not isolated and

easy to find site in the High Languedoc just about near enough to visit the many naturist beaches of this part of the Med some 30 miles away. In a quiet and peaceful setting with good basic facilities this small inland site, with only 70 places and one or two for hire, sits beside a little natural pool and beach on the majestic river Herault. Plenty of shops in the nearby village.

**SERIGNAN - PLAGE NATURE**  
34410 Serignan. Tel: 33 (4) 67320961.

Not far from the Cap d'Agde Village Naturiste, this small but well-established site offers visitors a complete contrast to its better-known neighbour. Right on the beautiful soft sandy beach the facilities, which include a large restaurant, are all centred on an old traditional large farmhouse building. Completely updated in 1997, Serignan now has 210 pitches for tents or caravans and a number of brand new mobile homes for rent.

**CENTRE HELIOMARIN OLTRA**  
BP 884 34307 Cap d'Agde. Tel: 33 (4) 67010636.

This vast camping and caravan site with almost 1000 placements for tents and caravans, about 60 of which are for hire, is located right behind the two kilometres of beach shared by the adjacent Cap d'Agde village. It has a few shops, a restaurant and a

supermarket of its own, but is within easy reach of the next door facilities just a short walk away. New over the last couple of years are some splendid chalets for hire and a large extended children's play area.

#### LA GRANDE COSSE 11560 Fleury d'Aude. Tel: 33 (4) 68336187.

A very secluded spot in a unique setting - on the very edge of an inland salt lake that dries up completely in the summer time, allowing visitors to walk the short distance across it to miles of natural and unspoilt beaches. A fairly large site, but nevertheless quiet and peaceful. New owners last year have ensured the long-term viability of this popular but not so well-known holiday resort. 450 pitches and 30 for hire.

#### LE CLAPOTIS 11480 Lapalme. Tel: 33 (4) 68481540.

Sandwiched between a nice sandy beach and the edge of an inland lake, but this time one that does not dry out in the summer, Le Clapotis is the ideal spot for windsurfers. A smallish camping site, but with all essential facilities in place, it has around 200 pitches for tents and caravans with 20 large bungalow-style tents for hire.

#### VILLAGE ULYSSE \*\* 11370 Port Leucate. Tel: 33 (4) 68402153.

One of two adjacent purpose-built naturist villages in the Languedoc coastal region, and just a couple of kilometres from the main A9 autoroute, Ulysse is surrounded by water with a dedicated naturist beach on one side and a huge inland lake on the other. There are a few shops, a restaurant and a mix of about 40 villas and apartments to rent. Supposedly the finest windsurfing facilities in Europe.

#### APHRODITE VILLAGE 11370 Port Leucate. Tel: 33 (4) 68407877.

Because of the rather good layout, Aphrodite, the other similar but very much larger village, never gives the impression of being too busy or noisy. There are 560 villas and apartments here, many of which are privately owned and about half of these are available to rent. With its own small marina/port and red-roofed houses, Aphrodite looks just like any other small village on the Mediterranean coast except for the naked people to be seen walking or jogging through its pleasant landscaped grounds.

#### LA CLAPERE 66480 Maureillas. Tel: 33 (4) 68833604.

An inland wooded, very pleasant and natural

site between the mountains and the sea, La Clapere has more than 100 acres of campsite with 190 pitches for tents or caravans and just a few units for hire. It's only 20 miles from the pretty artist's town of Collioure and the nearby naturist beaches. Adequate facilities and ideal for children.

#### DOMAINE DE L'ESCRIDE 83210 Belgentier. Tel: 33 (4) 94489724.

A small but unusual site near to the major French naval city of Toulon with space for 60 pitches and 12 studios, bungalows or caravans for hire. There are three naturist beaches on the coast about 15 miles away and the more adventurous can take the daily half hour boat trip from Hyeres to the naturist island of Levant. As well as all the usual facilities offered on most small sites, l'Escrive also has an underwater diving school. Successful candidates are awarded a diploma after taking a test in the beautiful clear off-shore sea waters nearby.

#### MESSIDOR 13610 le Puy St Reparade. Tel: 33 (4) 42619028.

This pleasant family-run site just about gets into this section, as although it is quite a way inland it does have twice-weekly minibus trips to the nearby naturist beach of Martigues, about an hour's drive away. In wooded grounds of about 20 acres, with 80 pitches for tents or caravans and a few units available for hire, Messidor is a friendly place and sometimes feels more like a club than a conventional holiday centre when the weekend visitors descend on it from the huge sea port of Marseilles. Only a few miles from Aix, the capital of Provence and the birthplace of Cezanne.

#### CORSICA

With an official naturist beach almost every few kilometres along its magnificent coastline (there are 25 in all), a swimming pool seems to be an unnecessary luxury in the three main resorts of Corsica, each of which have something rather unique and different to offer the naturist visitor.

#### RIVA BELLA BP 21, 20270 Aleria. Tel: 33 (4) 95388110.

Riva Bella is the ideal place for a family holiday, but with an element of luxury seldom found in most other naturist sites. It is situated right on one of the finest of Corsica's beaches and is only a short distance from the ancient capital of Aleria. There are 170 pitches for tents or caravans as well as 12 mini villas and traditionally-styled bungalows for rent and it has all the usual sporting and leisure facilities required. Children will love the wild llama park and mums and dads the romantic setting of the gourmet restaurant.

#### Naturist beaches and clubs

##### in Europe

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#### LA BAGHEERA 20230 Bravonne. Tel: 33 (4) 95388030.

One hundred little villas, bungalows and chalets and 259 pitches for tents or caravans are set in almost 150 acres of scented eucalyptus forest on the edge of a wide sandy beach almost two miles long. It sounds like some kind of impossible naturist dream, but it's true. As well as the beach/snack bar there is a restaurant with a most wonderful panoramic view over the clear turquoise waters, which at night-time gives lucky diners the impression of being at sea. Cycle hire available for erstwhile explorers.

#### U 'FURU 20137 Porto-Vecchio. Tel: 33 (4) 95701083.

Not just an unusual name - U 'Furu must be one of the most beautiful and unusual naturist sites in Europe. A little inland, but still within easy reach of a couple of secluded bays and superb beaches in the south eastern part of the island, this resort offers visitors complete peace and serenity of a kind almost unknown in modern society. Pure, clear mountain water pools for swimming proliferate in a wild landscape of more than 70 acres of private grounds in which there are scattered 70 placements for tents or caravans. 12 pretty little dry stone houses built on terraced hillsides amongst the ancient olive groves are available to rent. There is a shop and restaurant and walking or just enjoying the magnificent scenery seems to be the main occupation of visitors to this wonderful site.

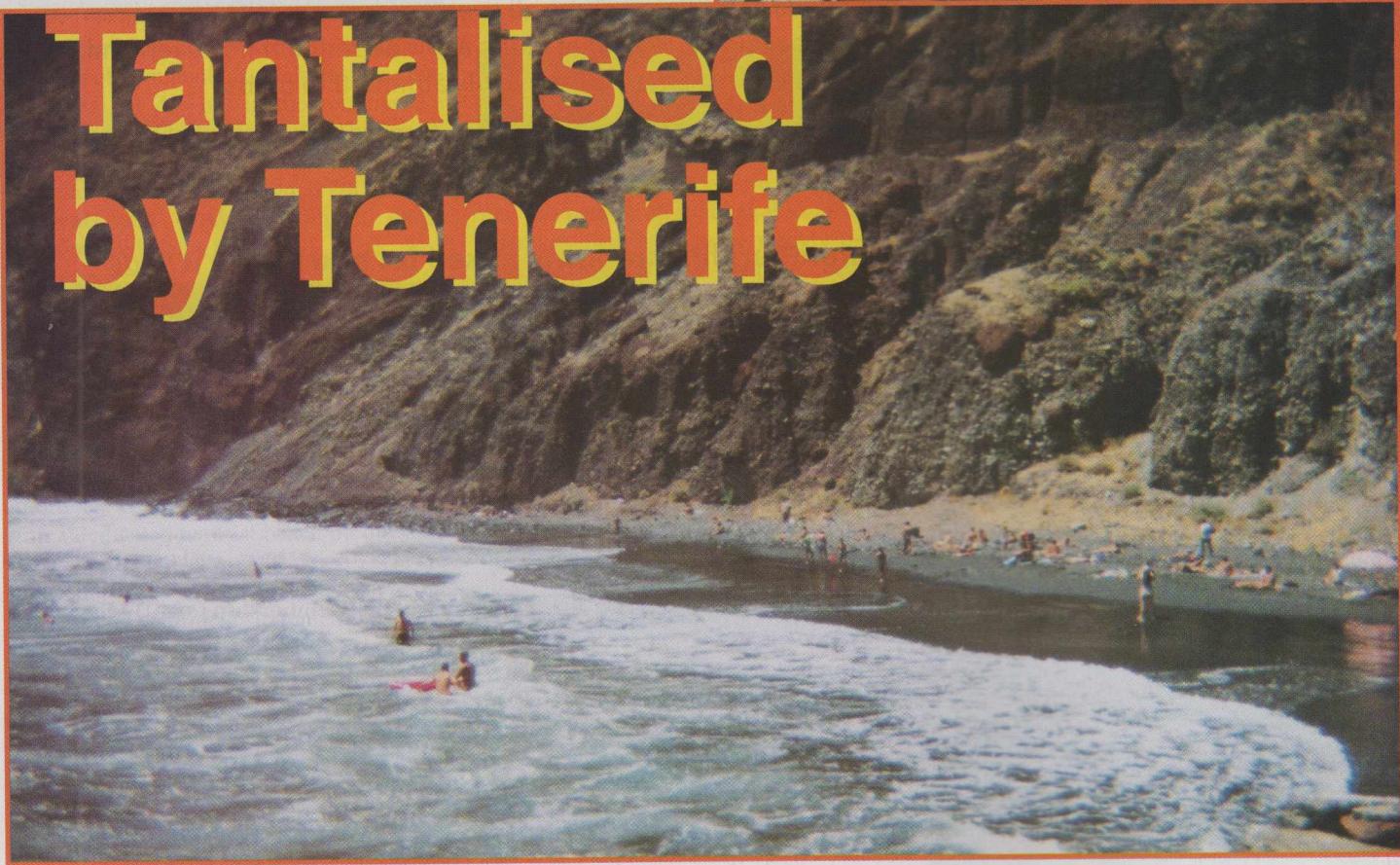


# ACCESS ALL AREAS

Share with us your news, views and pics -  
the chance to connect with your kind of people!



## Tantalised by Tenerife



In 1996 Roma and I went to Tenerife on our own. Having left my driving licence at home I was unable to hire a car to explore the island. Captain John (as he like to be called), an ex-pat who had lived on the island for over 30 years, came to our rescue. For a small sum he offered to drive us around the island. We saw Mount Teidi and many villages. As we got on well with him, within the first half hour of our seven hour tour Roma asked him whether there were any naturist beaches in Tenerife. He shook his head and retorted, "No nudity is allowed on the beaches here."

Of course, I knew this wasn't true since on our first day at Los Christianos, where we were staying, we wandered down to the beach at the far end and saw a number of people in their birthday suits.

This particular section of the beach was very rocky and dangerous to swim from. However, we did manage to strip off here on several occasions but we were put off by a couple of sexual advances.

For 1997 it was going to be a different story as we had been

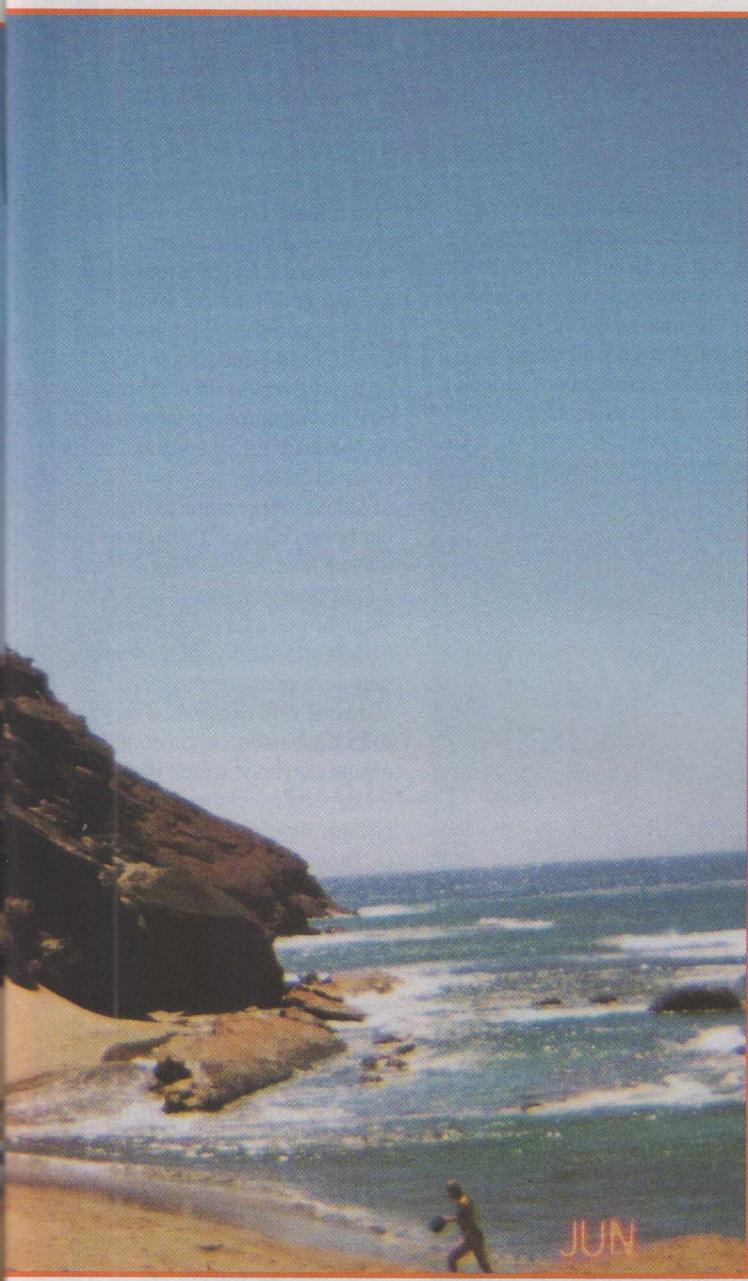
provided with more reliable information on the location of the naturist beach. Our friends, Doug and Julie from Essex, accompanied us.

It was on the third day in Tenerife that we found Los Abrigos naturist beach located two miles north of the village. A rough road led us down to the beach and once over a rock and two small bridges we had arrived. Ninety per cent of the people on this small stretch were naked. There were sun beds and umbrellas available and a little café created out of a cave where French loaves and drinks were for sale.

Once my kit was off I was eager to race into the water. What I hadn't taken into account was the force of the waves and within a few minutes I had been thrown back onto the black volcanic sand and grazed both my knees. The girls Roma and Julie located pools in the rocks and enjoyed themselves there - wise women, they didn't have to contend with the waves.

Our holiday was a mixture of exploring and beaching. We found

# NAKED LIFE - THE WAY YOU LIVE IT!



another beach on the north side of the island just a few miles from the capital Santa Cruz. It was a long drive down to the beach and fortunately we were able to find a place to park the hired car. The beach was packed with the majority of bathers in costumes but nonetheless there were sufficient naked for us not to feel awkward. Although I would rather be on a beach where most of the people are naked, it was relaxing to know that nudity was accepted by the textiles.

If you are visiting Tenerife in the foreseeable future you must visit both the beaches I have mentioned. Los Abrigos is behind the main airport in the south of the island and going north from the village you will see a large hill about two miles north and a stony track leading down to the car park. Park there and a short 10 minute walk will see you on the beach. The sand is dark in texture and not too gritty.

Las Gravatos in the north of the island is past the man-made bay of sand on the outskirts of the capital and up a long winding road. On a bend about a mile past the old observation towers, take the road down to the bottom and you will be there. This sand is very black and the waves can come at you from any direction, so be very careful.

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# NAKED LIFE - THE WAY YOU LIVE IT!

## Happy talk

Patricia Ryall's French B&B can offer something spiritual for the naked traveller

I used to run a naturist guest house in Torquay with my partner, Brian. Now we live in that beautiful part of France where the Garonne meets the Dordogne (although it's not all roses). I won't wax lyrical about our new home, suffice to say that we

originally came here for six months only - and that was in 1994. It will take a little more than Tony Blair to entice us to return!

In our house, "Carrouze", anything goes, although respect your fellows is our one rule. We are all naturists for different reasons and it can take time to realise our differences. My spiritual knowledge is a mystery to many and I find people hanging on to my every word when my passions of astrology, tarot, health and peace of mind, body and spirit begin to emerge.

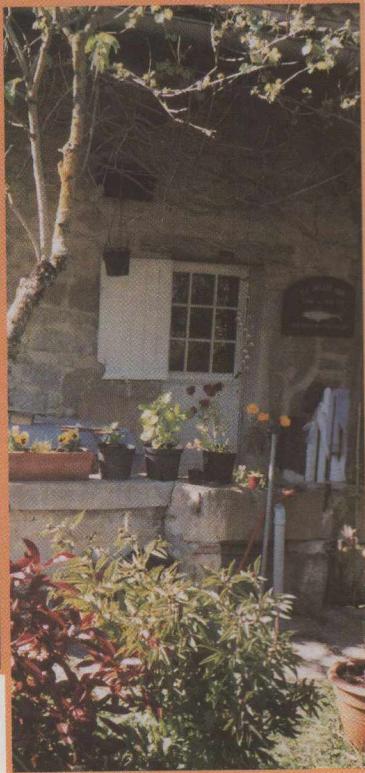
When people come to stay at our house, it's their differences that we love. Are you a priest, a would-be nun, a Mary Whitehouse, a fat person wanting to be thin, a skinny-bones wanting muscle, a saint, a swinger, someone with excesses, a very sad or lonely person, or someone unsure of who you are? We like to make people feel they are special because they're different.

Time to talk is indeed time well spent, during which much unburdening and healing takes place. It helps us to get back in touch with the child within ourselves. Have you ever met a baby who did not want to throw off all his clothes at the first opportunity? How happy he was until he was taught to fear.

The language problem is enormous when you live here. We all learned Parisian French, but can we use it in this area? No, we can't! One has to learn the language of the locals. Some sentences don't have a single word the same as what we learned. Indeed, the Parisians aren't liked at all here and the locals are far happier to welcome the British.

After our life in the UK, which was a constant whirl of activity, we are feeling the healing vibrations of this part of France, the sun shines here, barbecues don't get rained off! Somehow this puts everything into perspective.

We would love to meet you, we want to talk to you, tell us what you'd like to talk about, or shall we discuss it chez Ryall, Carrouze 47800, Armillac, Miramont. Phone/fax 00 33 (0) 553930604.



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# NAKED LIFE - THE WAY YOU LIVE IT!

## Spa-ing partners

A friend and I have done a survey of three naturist clubs within the M25 boundary. We have been naturists for the last two years and decided to venture into the club scene.

Here are our personal reviews on these clubs.

### Silverleigh

I would strongly recommend this club to all naturists.

There's a great sense of freedom, the hospitality is excellent and nobody cares what shape or size they are.

### City Spa

The newest addition to the London naturist scene. It's a nice new venue though a bit on the small side. But like Silverleigh it doesn't take long to feel at home here. If you want to relax naked in peace and quiet this is the place for you.

### Rios

We had to ask ourselves whether this a naturist club or a swimming bath? We were reluctant to strip of, we saw the odd naturist but many others were in swimwear and shorts. Top marks for the facilities though. If the management weeded out the swimsuit wearers and the towel clutchers we would rate this venue as number one.

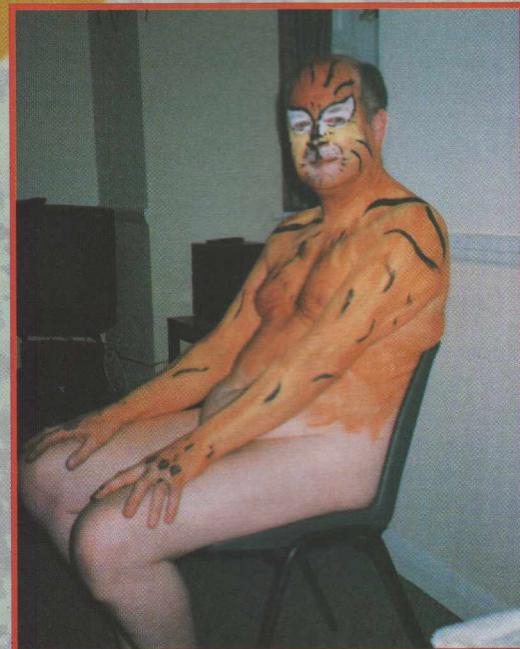
*Vera and Polly*

## Painting the town

H&E's first workshop at Christmas Pie took place at the end of last year. This session was on body painting and our eager participants turned up for some messy fun.

There were several budding Van Goghs and a few, um, impressionists at work. Helen Ludbrook hosted the event and made no apologies for her lack of artistic skill. What they lacked in skill they made up for with enthusiasm - well, that's their excuse!

You can write to H&E for details of joining the Christmas Pie Club. Our first open day is April 4 which is open to both members and non-members.



# BURNING ISSUES

Just listen out at the club or the beach and hear the exciting and diverse opinions on naked living. At H&E we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you STEAMED UP, each month we'll put forward an issue of our own and ask you to send us your advice, OPINIONS or response. Come on, get writing; let those SPARKS FLY!

Our Burning issue this month is...  
Do "nudity obligatory" clubs and areas deter potential naturists from entering our environment?

## Following orders

I was recently in a German naturist village on Lanzarote with a couple of non-naturist friends. Down on the beach I happily stripped off while my hesitant friends hung on to the briefest of swimsuits. We sat some distance from the others on the beach, careful not to invade their naked space. However, we were spotted from some way away and shouted at. People continued to hassle us despite me being naked and gave a very bad impression to my friends. If they'd felt happy and relaxed in a naturist environment they may have been induced to take their clothes off. But after such a rude

welcome I doubt they'll dare set foot in a naturist zone again!  
**TW Glasgow**

## Protect our own

Clothes-optional policies rarely work. When people first arrive at a club/beach they may be dying to take their clothes off but don't want to be seen to be the first. If you have to strip off as soon as you get there, there's no dilemma and no awkwardness. We have few enough spaces where we can take our clothes off, we should guard our rights in the spaces we do have.  
**RK Leeds**

## Tenerife update

I'm writing with an update on beaches on Tenerife. Playa Socorro to the east of Puerto de la Cruz is no longer a naturist beach of any description, in fact we didn't see anybody topless, never mind naked. La Caleta to the north of Playa des Americas is still okay but the directions given in David Martin's guide need to be amended as following; go over the football field (looks like a car park) with hand made posts) and over the ridge path to the first bay. This is in fact a flat rock beach which is all naturist but is spoilt by the fact there's a growing hippy commune, which makes you feel a bit uneasy.

However, over the next headline is a superb white sandy beach. To reach this you have to climb up and down a steep cliff path which runs very near to the edge of the cliff. This path is not recommended to those who suffer from vertigo, but the beach is worth it once you're down there. It is all naturist and not too populated. South of Los Christianos there is a beach of rock and pebbles, which is used

mainly by gay males. La Tejita and Red Rock (El Medano) are located next to each other. We saw no naturists on La Tejita but at the east end is Red Rock which you reach by crossing the sand stone headland and over the wooden bridge. There you will find a lovely white sand bay which is popular and all-naturist. This was by far the best beach we discovered  
**S Douglas, Notts**

## Seize the moment!

We entirely agree with D.L. of London - surely H&E and CCBN must co-operate to put unrelenting pressure on the government to amend our laws on obscenity. Let us have complete freedom to go naked on the beaches, in the countryside and in our gardens without fear of prosecution (with, of course, suitable safeguards against objectionable behaviour). Since last year we appear to have a government who are sympathetic to

minority rights, there may never be a better opportunity to get things changed. Feeble pleas not to rock the boat merely impede progress. Let all those in positions of influence in the movement redouble their efforts to bring about change.

In particular, we respectfully suggest that as H&E is in the minds of many textiles the naturists' magazine, you should strive for "respectability" which means get rid of your top shelf image and appear in the newsagents alongside all the other leisure magazines.

**ET, Reading**

*We feel we have gone to great lengths to regain H&E's "respectability" and the decision to put H&E on the top shelf is unfortunately not made by us. I'm afraid the mere fact we have naked bodies on our pages means newsagents are too fearful to put it on a shelf where children can reach it, though we are still hoping to change their minds. - Ed*

Send your photos, letters, and experiences

to H&E,

Bow House Business Centre, Bow Road,  
London E3 2SE

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# Pools winner!

Many of us love the feeling of being naked in the water. Richard Lawrence explains how we can combine this with exercise for both fitness and fun!





We know that as part of a healthy life style we need to incorporate good eating habits along with a regular exercise program.

Exercises like running, swimming, walking and cycling all form a great workout for the heart and lungs - but sometimes the self-motivation just isn't there willing us on to do that extra lap or further mile!

Then there is aerobics, or exercise to music, for the well co-ordinated music lovers who love sweating at a hectic rate with an instructor who just doesn't know when to stop! Therefore, if you love music, exercise and water, what could be better than combining all these three ingredients for a great workout that keeps you fit, toned and reduces all the aches and strains you would get pounding the streets or the aerobic studio floor.

Aqua-aerobics is an often underrated exercise, regarded by many as exercise for the elderly, the pregnant or the very overweight - but give this some thought. An aqua-aerobics program in the water can be fast, fun and cool.

Being in water makes the exercise both easier and harder for your body. The water both supports you so that your joints are not placed under maximum stress, but the resistance water creates makes even the simplest movements difficult. Therefore, you get a great workout without the sweat and strain of high impact sports, you use

all your muscles groups and all joints are moved through a full range of movements. This is important as you find with many exercises, there is repetition placed on one or more particular joints which can cause injury.

Today there is a vast choice of sport and exercise activities which cater for different ability and need. However, aqua-aerobics is probably one activity that can be done by anyone, of any age, of any fitness ability. You also do not need to be fantastically co-ordinated, like in a studio aerobics class where you can feel completely overwhelmed by fast directional changes and complicated routines. Aqua-aerobics just cannot work at this pace due to the incredible resistance the water places against your body. However, this does not mean that it is an easy workout!

Water resistance makes your heart and lungs work hard, creating an aerobic conditioning effect if you keep going long enough. Just 15 minutes of exercising, so that you feel your heart and lungs working, is believed to have a positive effect on the cardio-vascular system. Jumping up and down in about a metre of water will give you a good aerobic workout as will walking - so on those summer holidays you can take advantage of the sea or swimming pool to keep up your exercise program.

Importantly, aqua-aerobics is safe. It is almost impossible to twist an ankle, tear a

ligament or break a leg! It is also fun and keeps you on the move for a long time, letting you reap all the benefits that exercise can give you. There is no need to buy any special equipment, and while anyone could drown in a few inches of water, you do not have to be a swimmer to enjoy aqua-aerobics as classes are held in water that should be ideally no higher than your chest. Therefore, it enables non-swimmers to also exercise in swimming pools.

The structure of an aqua-aerobics class is similar to that of an studio aerobic class, in that there should be a warm-up, stretch, an increase in pace and activity placing demands on the muscle groups, heart and lungs. There should also be a cool-down with a further stretch to finish off the workout. Remember to check that your instructor is properly qualified to teach aqua-aerobics, as aqua-aerobics is different to teaching a studio aerobics class. Don't forget that it is very important to let the instructor know of any health problems that you may have, or any short term or long term injury that you may have. **H&E**



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Planning a spot of exercise?

# FRENCH-UNI



# DRESSING

Star-appeal



Peter Oaks checks out five campsites that are low on profile but high on quality

**N**udity on the River Dordogne in France is forbidden. The possible pleasure of a day's canoe trip taking in the sights while naked is, unfortunately, out of the question. I know some people have done a nude run and one man who capsized and nearly lost all his clothes and car keys!

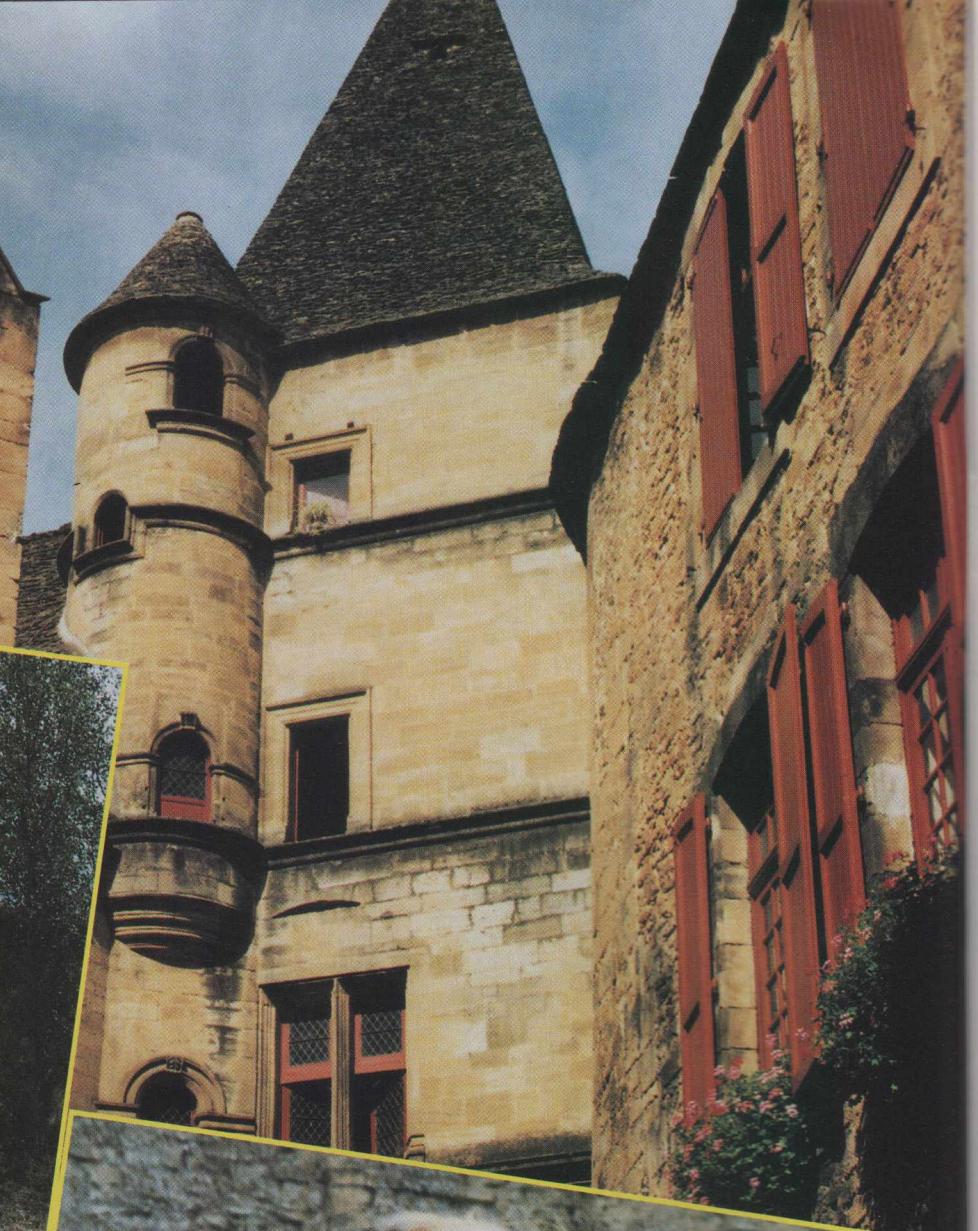
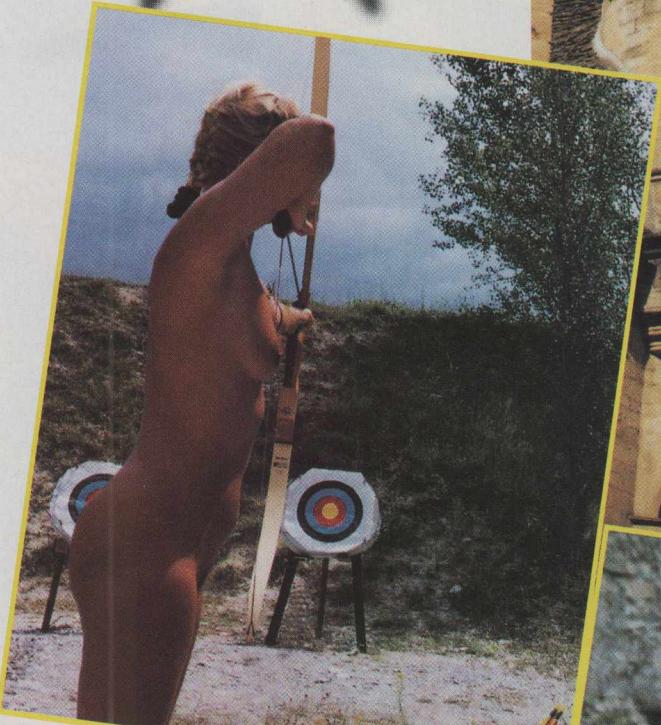
Le Cro Magnon is the closest you'll get to naked enjoyment in this area. It's a four star naturist campsite set in an oak forest 100 metres above the Dordogne near Allas-les-Mines. Opened in 1990, Le Cro is now a firm favourite with many who return year after year. Here you can enjoy your naturism and take advantage of their organised 22km (textile) canoe trips which start at Cenac and terminate at Allas.

The standard of cleanliness at the site is high. The toilet block nearest to the swimming pool even has a sauna. Facilities for the disabled are provided as are washing machines with dryers and irons.

The site can now accommodate 160 camping units as well as more than 20 caravans and 82 bedroom chalets to rent. The majority of the caravans are a little rough but offer good basic accommodation at a reasonable price. All caravans and chalets are fully equipped. You do need to take all your bedding for the caravans and just linen for the chalets, though it is possible to hire linen and bedding.

Nearly all the emplacements have been cut out of the forest and vary tremendously, although an effort is being made to increase the size of many. For car/caravan units of an ↘

# Star-appeal



**For more  
information;**

**Le Cro Magnon  
Boite Postale 5  
24220 Beynac  
Dordogne  
France**

**Tel; 00 33 (0) 553 29 13 70**

**Fax; 00 33 (0) 553 29 15 79**



# Peter's Pointers

**1 If you like wide open spaces on your holiday campsite, Le Cro might not be for you.**

**2 Weather permitting, nudity on site is obligatory, although like so many places people dress when visiting the restaurant in the evening, even when it's hot.**

**3 Chalets are very popular - you'll need to book almost a year in advance! Numbers eight and nine have views of the Dordogne.**

**4 Visit Salat, stopping off first at the tourist office for a plan of the medieval walk which is extremely worthwhile.**

**5 The markets of St Cyprien (Sundays), Sarlat (Saturdays), are both very good but fruit and veg is cheaper in the supermarkets.**

average length and motor homes, it can be a bit of a juggle to get the unit in place. As it's recommended you reserve in the high season, do make sure the campsite is aware of your unit measurements (including large tents) to enable the allocation of an appropriate emplacement.

The main camping area of the forest is on relatively flat ground and unfortunately the trees prevent any good views. However, this means most of the emplacements are screened from each other by trees and bushes. This might be too claustrophobic for some people, but many others like the feeling of being close to nature with a fair degree of privacy from those around you.

Nearly all the emplacements can have an electric supply although some of the hook-up points can be quite distant. The reception will lend you (against a deposit) an additional length of cable complete with the necessary connections.

Le Cro does have a general view which probably cannot be equalled. Near to the new chalets is the View Point, the famous landmark of this camping site which offers an incredible easterly view of the Dordogne with Beynac Castle standing aloft the early morning mist.

The restaurant terrace overlooks the two swimming pools. The adult pool nearest to the terrace is heated. The second pool is recognised as being for the kids in which they can do their own thing. The bar/restaurant/take-away supplies a variety of food and the quality and quantity are both good. The site shop covers virtually all your needs with fresh bread, buttered croissants and cakes being delivered daily. Here you can purchase Le Cro Magnon rouge, a good red wine coming from near the famous Cahors wine region. Nearby St.

Cyprien and Siorac have good sized supermarkets.

Sports on site include volleyball, boule (floodlit), table tennis, archery and badminton. For the children there's a sandpit, paddling pool, play areas and in the high season there are programmed activities which include body painting, drawing and model making.

Le Cro Magnon offers special rates for the low seasons. For those able to take holidays outside of July and August, this is an ideal time to visit. With mainly couples and those that have retired there is a peaceful pleasant atmosphere. It is also by far the best time to for sightseeing, when the summer hordes that are attracted to the Dordogne have subsided.



# Lost in space

## Domaine Naturiste de Chaudeau offers real room to roam

France has in excess of 200 naturist venues, be they clubs or holiday centres.

Most of these sites are in the region of three to 15 hectares in size. A small number of sites exceed a hundred hectares with the extremes of Euronat and Domaine de Lambeyran both offering well over three hundred.

For those of you who have been to the campsite at Cap d'Agde, you may be surprised to learn that it only covers 38 hectares. To most, I am sure it seems huge as the emplacements number 2,400. Almost double that land mass, reduce the number of emplacements by 90 per cent and then you can mentally appreciate the absolute freedom of space that Domaine Naturiste de Chaudeau has to offer.

French owners Cleo and Guy Verhaeghe open their family-run campsite at Easter and close at the end of September. All are welcome including day visitors, although an INF card is compulsory. If you are retired and wish to remain in one naturist venue for a complete season, then the special price offered for such a stay is most probably the cheapest anywhere in Europe. Including electricity it would work out as 4500 FF for the whole stay - under £3 per day!

The four berth caravans and mobile homes for six available for hire are fully equipped, all you need is your bed linen. I'd recommend you reserve these units during the high season. It isn't necessary to do so if you're taking your own tent, caravan or motor home. However, you must reserve if you prefer a specific emplacement.

The three toilet/shower blocks are kept extremely clean. One block has baby-washing facilities while another is specially equipped for the disabled. A washing machine is available and a freezer for ice packs. Eighty per cent of emplacements have a five amp electricity supply.

There are two volleyball courts, two badminton courts, 14 boule courts, five table tennis tables, basketball, football, a half-sized tennis court, archery, canoeing, sports competitions and sports days. There's also a vast number of things for children to do including discos, a swimming pool and even regular circus visits.

A main focal point of Chaudeau is the two large lakes. One is fed by natural warm springs. The quality of the water complies with hygiene regulations making it ideal for swimming and boating. There is a sandy beach and a specifically designated area for children. The second lake is stocked with a variety of fish and

here the nudist angler can enjoy his pastime in a state of nudity free of charge.

The bar has panoramic views from its terrace and is the setting for impromptu music evenings and special events. The on-site shop stocks most of your needs at reasonable prices. Bread is available by order in the low season. In high season you can purchase "on tap" wine produced by one of the family. The nearest main shops, supermarkets and banks are at Ste. Foy and Montpon Menesterol.

Besides the 20 hectares set aside for emplacements, there's a further 50 hectares of forest where you can see deer, boar and many species of birds while enjoying a naturist stroll along one of the many trails.

So you've played enough sport, engraved every glass in your caravan and caught every fish in the lake - what's next? Chateaux of every shape and size, the underground church at St. Emilion, caves and Castillon, scene of the last battle of The Hundred Year War. A battle is re-enacted on certain days in July and August which is well worth seeing. Bordeaux is within reach and you are in wine country - something for everyone!

For more info;  
Domaine Naturiste De Chaudeau  
Saint Geraud de Corps  
24700 Montpon Menesterol  
France  
Tel: 00 33 (0) 553 82 49 64  
Fax: 00 33 (0) 553 81 18 94

## Animal magic

### La Petite Brenne is of outstanding interest to the naked nature-lover

The Parc Naturel Regional de la Brenne is an amazing region of France made up of some 1,270 lakes making it an area of great ecological interest. For the ornithologist or those simply interested in wildlife, the area should not be missed. Two hundred and fifty different species of bird have been seen in the Brenne which is also home to innumerable plants and flowers. Within the boundaries of the 166,000 hectare Parc, you will also find museums, fine chateaux, castles, medieval towns, locations for fishing, sailing, canoeing, gliding and even parachuting.

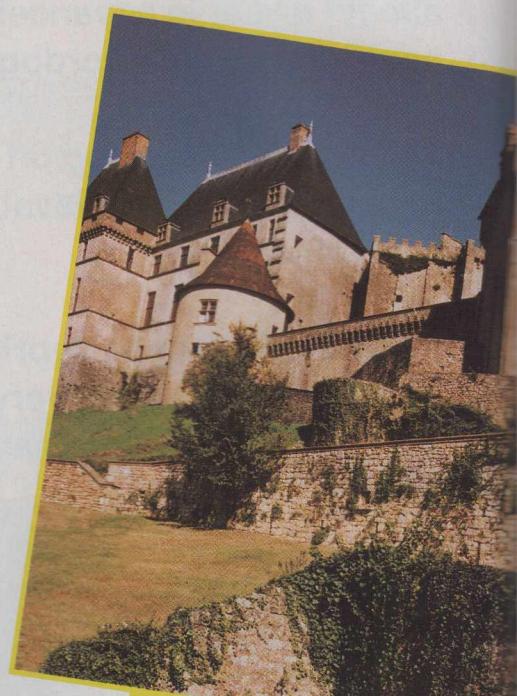
It's here that Carel and Anja decided to set up a new business, after the stress of their restaurant in Holland. They enjoyed naturism and sought a more contented way of life for themselves and their two children. So the restaurant was sold and they bought a French farm, transforming it into naturist campsite. In 1996 it opened as the aptly named La Petite Brenne.

For the many travelling to more distant places such as the Mediterranean of Spain using the RN20, this excellent new site is only 12km west of Argenton-sur-Creuse (D55), making it an ideal resting point during the journey. More importantly the site is well located for an interesting but restful holiday.

La Petite Brenne is completely grassed and is an area of gently undulating countryside. At present there are 100 emplacements of which two thirds have an electricity supply. To create shade for the future, many young trees have been planted and the owners are currently planting a further 50 every winter.

This year, a one and a half hectare lake is being made which will be used for boating, fishing and other water based activities.

The original farm buildings, which are over a hundred years old, have been cleverly renovated by Carel. The exteriors have maintained their appearance and there has been little interference





with the splendid wood-beamed interiors. There's a mini tourist office with public phone, children's room, library, washing machine, dryer, shower and toilets including facilities for the disabled. These main buildings are separated by a small attractive pond with a variety of residents including frogs and wonderfully coloured dragonfly.

My nickname for the bar/restaurant was The Cathedral because the apex of the roof seemed a mile away, supported by enormous beams. Again, the interior had been cleverly designed with a very attractive mosaic floor. Because of Carel and Anja's previous expertise in the culinary world, the site already had a high reputation for the quality and variety of food, including excellent vegetarian dishes.

Another firm favourite with all ages were the horses; a Percheron, a Palomino, an Arabian, and a Dartmoor pony. Horse riding is free and the Dartmoor is used for little cart rides. Other children's activities include picnics, drawing, painting and even making kites. There's a sand pit with a real water pump, a kiddies' pool and a playground with the best equipment I have ever seen.

La Petite Brenne does not have a shop but bread and croissants are delivered fresh daily. Other traders visit the site with a variety of produce and there are several supermarkets at Argenton.

If you're looking for somewhere to stay you can rent a tent that sleeps either four or six people. They come fully equipped but you've got to supply your own bedding. Within the main building there is one room for rent complete with shower/toilet and hand basin. This isn't really suitable for a family.

Singles are very welcome if they can show an INF card. For couples and families you can buy an INF card at reception. Day visitors are also welcome with the same restrictions.

La Peite Brenne is open from May 1 to September 30 during which time all facilities are open.

**For more information:**  
**La Grande Metairie**  
**36800 Luzeret**  
**France**  
**Tel: 00 33 (0) 254250578**  
**Fax: 00 33 (0) 254250597**



**Star-  
appeal**

Naked living across the generations

# Star-appeal

## A Lot to recommend it!

**Although classed as a holiday centre, La Faurie has a warm and rustic welcome**

Emilie and Daniel are naturists, who, as single people, enjoyed working in a naturist environment. Their stay at the ever popular naturist holiday centre of Belezy in Provence became a turning point in their life. They met while working there, a romance blossomed and together they realised it would make more sense if their joint working energy could be devoted to a naturist camping of their own.

Twenty seven hectares of land in terms of space is large - very large. When that land is situated in the Lot area of France you can expect the scenery and countryside to be quite beautiful; lush green deep sided valleys, rolling hills, forests, peace and quiet.

Emilie and Daniel were fortunate to be able to purchase such a piece of land, did all that was necessary to open a campsite and in 1994 La Faurie opened as a two star naturist holiday centre. Although classed as a holiday centre, La Faurie has the atmosphere of friendly naturist club and you can expect a very warm welcome. My impression of the site is that it has a positively rustic appeal.

Located on the D2 near Montfaucon, south east of Goudon, La Faurie offers 65 camping spaces with a six amp electric supply for 40. The mainly open terrain falls away into a valley creating superb views of the surrounding countryside. These grounds enable long walks in the nude.

The toilet block is adequate for the number of emplacements with disabled facilities and a



washing machine. A small shop stocks basic provisions with fresh bread, croissants and cakes being delivered daily. The nearest shops are at Goudon about 19km away. The bar/restaurant is open from mid June to late August.

Sports include volleyball, boule and table tennis while for the children there's a small pool and play area. From July 1 to August 31 activities such as painting, theatre, walking and canoeing are available.

The site has three caravans for hire. Each sleeps four people, you need your own linen and it's necessary to reserve. It's also advisable to reserve camping emplacements for stays during the high season.

If you're interested in sight-seeing there are good locations within driving distance; Rocamadour (the venue of a pilgrimage), Padirac Chasm (incredible caves and subterranean river), Grotte du Pech-Merle (prehistoric cave site) and St.Cirq-Lapopie, said to be the most beautiful village in France.

All are welcome at La Faurie on the production of an INF card. This includes day visitors. It's possible to purchase an INF card at the site which is open from April 1 to September 30.

**For further information;**  
**Domaine de la Faurie**  
**46240 Montfaucon**  
**France**  
**Tel: 00 33 (0) 565 21 14 36**  
**Fax: 0033 (0) 565 31 11 17**

# "If we are open, everything is open"

**Terme D'Astor offers a full range of facilities throughout their season**

It's unusual for a campsite not to have a low season. Many facilities are closed when a site isn't full of people. The 10 hectare naturist site of Terme D'Astor is open from April 15 to September 15 and has the policy: we are open, everything is open.

This attitude is also reflected in the very warm welcome and general good atmosphere in this delightful setting to the south of the Dordogne.

The family-run quality camping site is now a well-established favourite, having served naturist demands for 17 years. Hosts Jolanda and Jacco are Dutch and speak various languages including English.

The elevated 18th century house with its large terrace has a fine view overlooking a large swimming pool, adjacent children's pool and sunbathing lawns. Here an excellent bar/restaurant provides a range of meals including Terme D'Astor's speciality - over 30 different types of pancakes.

The site has first class fully equipped sanitation blocks with free hot water. A small shop supplies the basics and it's cheaper than the immediate village shops. There are also facilities for volleyball, table tennis, badminton and boule. For the kids there are classes that include mask making, drawing, body painting and simple games. There's also a teenagers' clubhouse and a library.

The River Dordogne is about a 15 minute drive away where you can go canoeing. Terme D'Astor also offer the chance to take part in micro-light flying and horse riding.

If you don't bring your own accommodation there are Scandinavian-style chalets or four mobile homes to rent. They are fully equipped and sleep up to six people and all you need is your own bed linen.

Terme D'Astor provides the setting for a super vacation with no real need to leave the site. However you would be missing out if you didn't consider visits to the medieval city of Sarlat or Bergerac, the impressive Chateau Biron, Beynac Castle and La Roque-Gageac.

**For more information;**  
**Terme D'Astor**  
**St. Avit Riviere**  
**24480 Bouillac**  
**France**  
**Tel: 00 33 (0) 53 63 24 52**  
**Fax: 00 33 (0) 53 63 25 43**  
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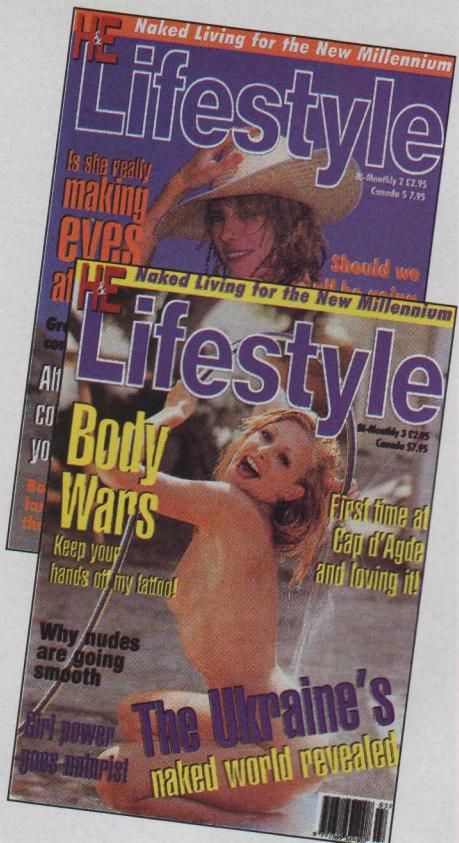
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You are now entering

# The No Clothes Zone



This is where we ask you to leave your clothes behind and follow us into the naturist sector.

If you're uptight, narrow-minded or scared of the human body we advise you go no further. This sector is for fun-loving naturists only - yes, that means YOU! If you want to join us in the Zone then send us your picture. We pay YOU £15 for every pic published.

(Now that's what I call an entrance fee!)



## HILARY ENJOYS THE HEATHER

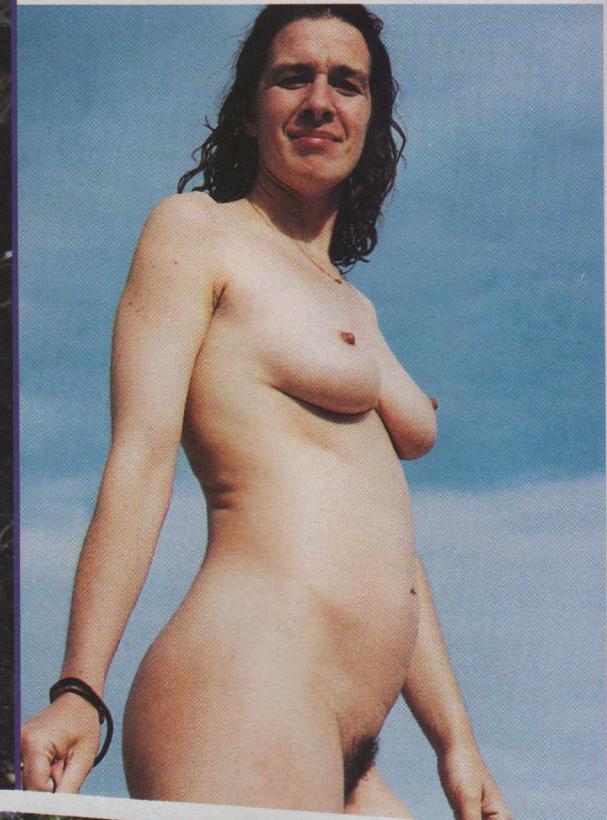


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**NUDITY'S ALL A LAUGH FOR  
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# Clothes optional - fun guaranteed!



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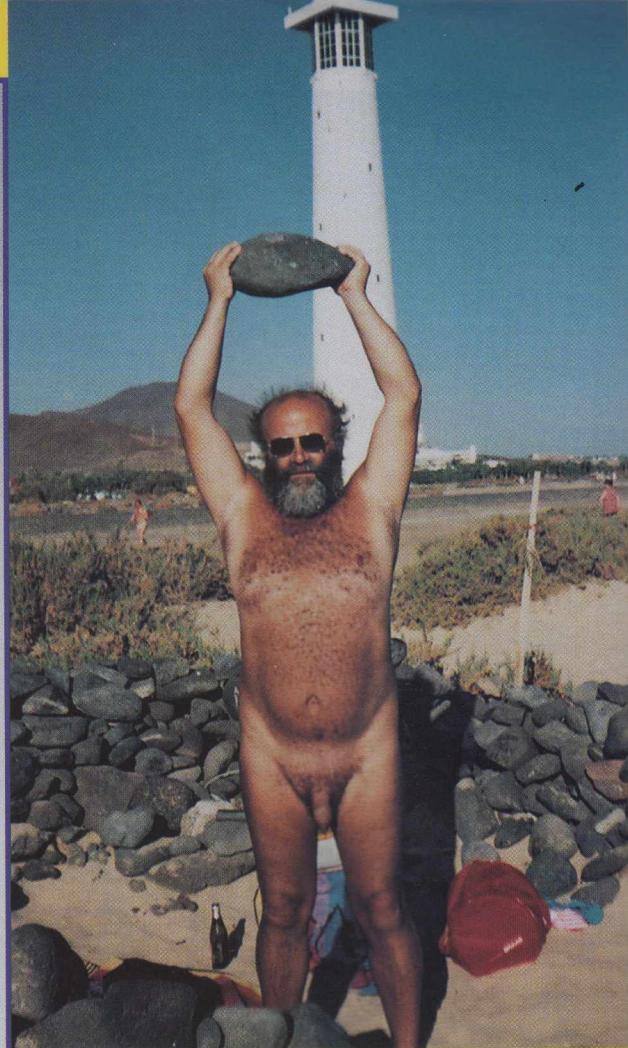
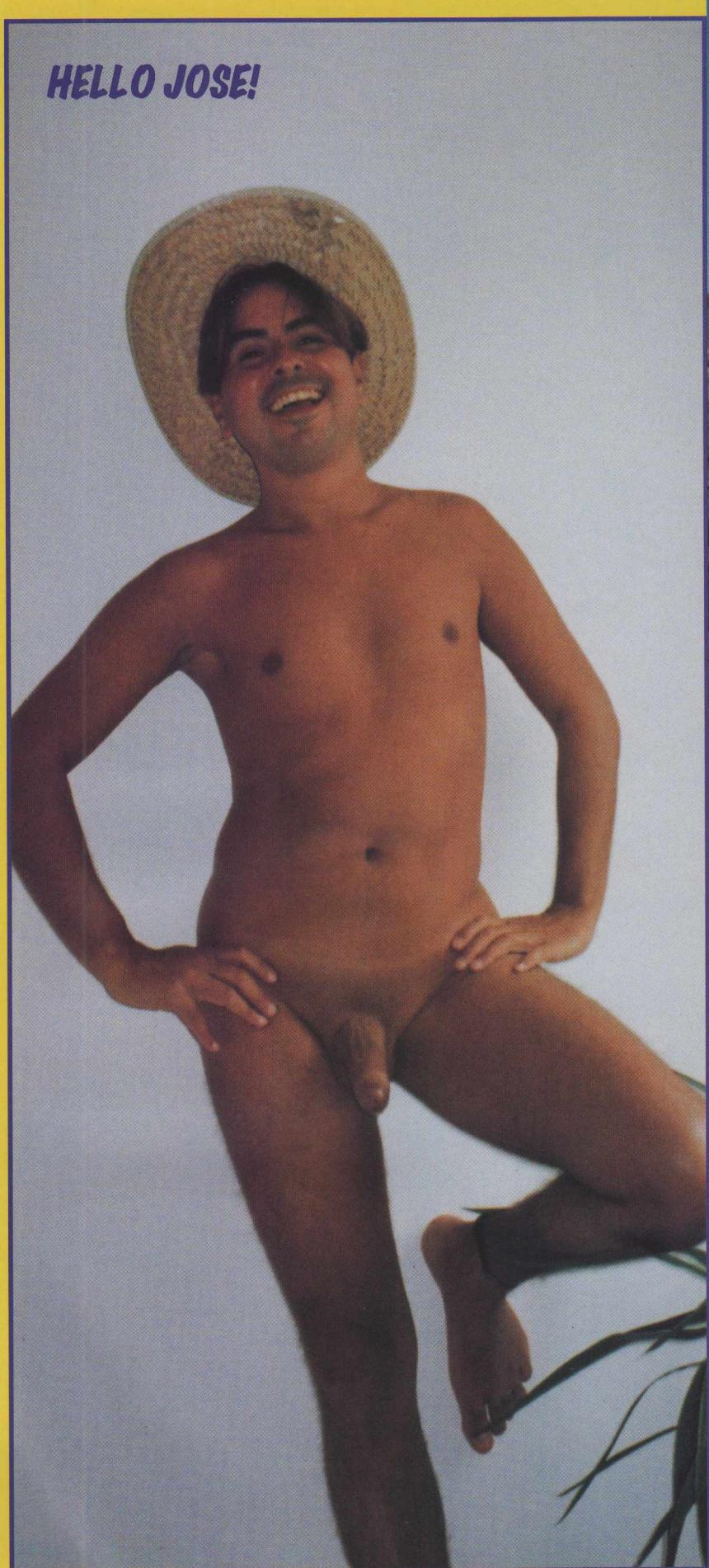


**WOMEN OF  
THE MONTH**



**CYPRUS IS THE HOT SPOT FOR  
THIS LOVER OF NAKED LIVING**

**HELLO JOSE!**



**NATURISM'S STRONGEST  
MAN?**

**WE STILL  
WANT  
YOU BETWEEN OUR  
PAGES**

*Yes, we're still on the lookout for readers' photos.*

*Send your picture in to H&E, help make it your magazine and get £15 in the bargain*

**Clothes optional - fun guaranteed!**

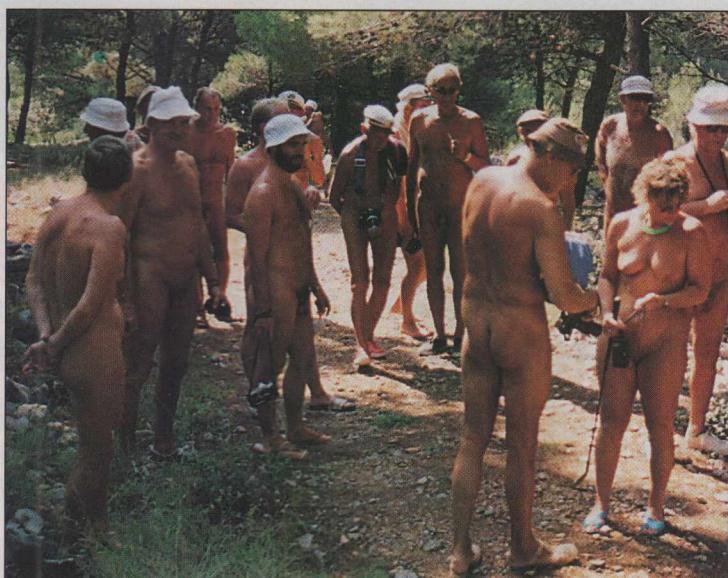
# A GOOD TIME WITH FRIENDS? KEEP YOUR CAMERA HANDY!



✿ Then post your pics off to  
**New Freedom Photo Services**

✿ All naturists can benefit  
from this specially designed  
service from a laboratory and  
photographic advisor **Charlie  
Simonds** who understand the  
particular requirements of  
naturists

✿ And don't forget the extra  
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**For prints on supergloss  
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service is for  
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# HEALTH BITES

## FALLING NUMBERS

It's not looking good for men. A group of scientists who hoped to prove that sperm counts had hardly dropped were dismayed to discover they've actually dropped even further than previously thought. In fact, average sperm counts have halved over the last 50 years. The human race is in no danger of dying out, but any change does ring alarm bells for the medical profession. They believe the sperm count reduction is due to environmental factors such as pollution, but they need to go back to the lab for further research.

### HEALTH TIP OF THE MONTH

If your limbs are suffering from doing too much exercise, or you just feel achy when the weather's damp and cold, try the following homeopathic remedies: Arnica 6, Rhus Tox 6. Take two to three tablets a day for five days. As with all homeopathic remedies, they're regarded as either effective or harmless, so the worst that could happen is - nothing.

## SUGAR BABY, YOU FEEL SO SMOOTH

You've tried or considered shaving, waxing, creaming and electrolysis and still you haven't found the perfect method of hair removal? Sugaring, a practice which originated in ancient Egypt, could be the answer. Sugaroma has developed a depilation method based on "sugaring" combined with applying essential oils. Sugaroma Strip-Sugar can be used all over the body and you apply it in the same way as wax, but it should be less painful as the strips stick to the hairs, not the skin. It should remove the hair from the roots and new hair growth may be delayed for up to eight weeks. Its formula includes essential oils of lavender and sandalwood for relaxing and healing. Sugaroma also produce Antiseptic Soothing Mist, to be applied afterwards and Skin Care Oil, to keep the skin moist. The starter pack costs £16.50 plus £3.50 p&p, and a 500g jar of Strip-Sugar costs £6.50. For further information: Milano Natural Beauty Products Tel: 01255 815324. Fax: 01255 814830.



### MY LITTLE PUDDING! I'VE GOT YOU TRAPPED!

Dieters who feel they can't live the perfect life of calorie-controlled diets and high exercise may be interested in a product made from the exoskeleton of shellfish. Known as chitosan fibre, it absorbs fats and oils after you've eaten them but before they start to stick. It is claimed to have greater absorption than other fibres, with participants of a study losing an average of eight per cent body weight in a month. You take this product before meals, drink plenty of water with it and the chitosan attracts the fat molecules before they leave the stomach.

# THOSE NIFTY-FIFTIES

A recent survey of over-fifties produced the following results: 89 per cent of those questioned claimed to enjoy life over 50, 41 per cent say they have more spare time for interests, 33 per cent lead a less stressful life over 50 and over 20 per cent say their love lives are better than in their twenties. Fifty three per cent find men the same age most attractive with only 21 per cent finding younger men attractive. Fifty two per cent of men find women the same age attractive but 53 per cent also find younger women attractive. This survey was conducted in conjunction with the development of Centrum Select 50+, a multimineral multivitamin supplement that is aimed particularly at this age group. Among its hit list of vitamins and minerals are increased levels of nutrients that are sometimes lacking in the over fifties, such as antioxidant vitamins, A, C, E, Betacarotene and Selenium. Centrum Select 50+ is available in packs of 30 (£4.29) or 60 (£7.79)



## HONEY, THE KIDS HAVE SHRUNK THEMSELVES!

**IN BRIEF**

Yes, apparently children shrink by half an inch each day, which they then recover while they sleep. Apparently this is due to their vertebrae expanding while they sleep and compressing while they run about.

## BACK TO BUSINESS

Tell your boss to treat you better from today, or you'll both pay. That's because work misery and lack of autonomy leads to a greater likelihood of back pain, according to the Arthritis and Rheumatism Council. And back troubles inevitably lead to sick days off.

## LISTEN TO MY HEART BEAT DA DI DA DI DA

If you're consulting a new doctor about a possible heart complaint it might be wise to ask them what instruments they play - other than the stethoscope. If their faces light up with tales of Grade Eight piano skills, expertise on the viola or a mean ability to knock off Clapton numbers in their head, you should feel encouraged. Researchers from Allegheny University of Health Sciences in Philadelphia have tested hundreds of doctors on their ability to pick up heart defects through the stethoscope. The ones who had a good musical ear consistently scored higher than the others. So should they start a rendering of "Heartbreak Hotel", don't be irritated, just listen to the melody.

## MORE THAN A DROP TO DRINK

Water, water everywhere - and we'll be able to drink it too. Anglian Water has developed a new system of sieving sea water to remove the salt, and making it suitable for us to drink straight off. They reckon in a matter of years we'll all be drinking the sea, which means that our gardens won't wilt and whimper every time there's a hose pipe ban. Apparently it might taste a tad salty but we'll soon get used to it. I can't wait.

## SENSIBLE WILLY

Three to four million men in the US are impotent because of injury to the penis during masturbation or intercourse, according to Irwin Goldstein MD, professor of urology at Boston University School of Medicine. Now there's a piece of information to make grown men flinch. The harder your penis, the more likely you are to damage it. Yet in many cases such injuries can be prevented. Firstly, think of it as two balloon-like chambers rather than a solid rod. Should the blood get forcibly pushed into one end of these chambers, it may burst and the blood gets caught underneath the skin. It's important to get medical attention right away. To avoid this happening, medical advice is to let the penis stand when erect, rather than push it into restrictive clothing (a common practice, especially among young men). Always use lubrication rather than force where necessary. Take extra care when in sexual positions where you are less in control, such as when the woman is on top, as she may accidentally damage you. Don't be too embarrassed to mention it if she's hurting you. Be extra cautious, too, when under the influence of drink or drugs as this is also a time when accidents tend to happen to all parts of the person.

# The ten NAKED commandments



Jill Bowen takes a wry look at those naked rules we can't help but obey!

**1** Thou shalt not have a white body. At all times endeavour to obtain an all-over suntan. At the start of the year thou shalt use fake tanning lotion or, with careful use, a sun bed. We do not want to appear as white blobs on the landscape at the start of the sunbathing year. We will stick our bums in the air to avoid "smilies" on our backsides and behave like contortionists to ensure all parts of our bodies are evenly brown. Should there be parts of our bodies we cannot reach we will ask a member of the opposite sex to carefully fill in the white bits with fake tanning lotion.

**2** Thou shalt not be textile. Take your kit off whenever possible, and always at your naturist club or on a naturist beach. We shall use our



imagination and initiative in other circumstances. For example, when walking in deserted countryside thou shalt use binoculars to scan the area for textiles and if none are around, get your kit off. Should your home be secluded and not overlooked, be naked when indoors, or in the garden (we do not recommend this if you have large windows and are on a bus route).

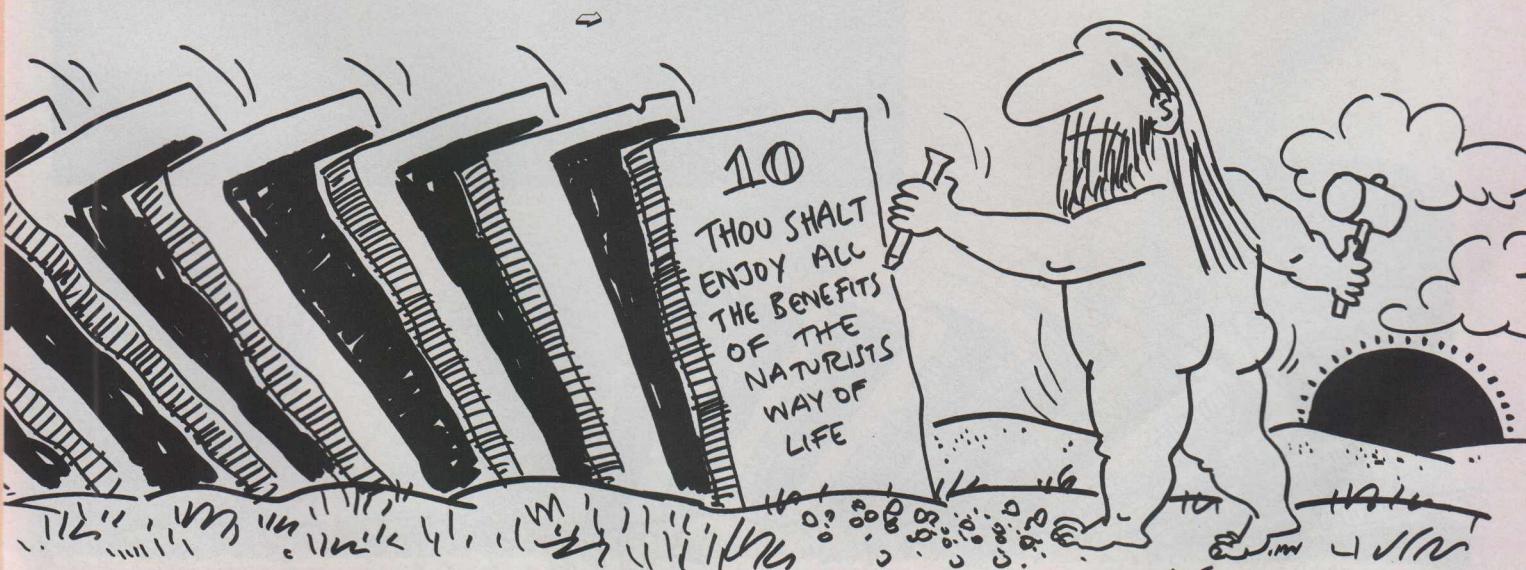
**3** Thou shalt not divulge other naturists' names to outsiders. Be discreet when talking about your naturist club - name dropping can cause problems and embarrassment for fellow naturists. Diplomacy and tact must become second nature when conversing with non-naturists about our "hobby".

**4** Thou shalt not be embarrassed about being a naturist. Develop a thick skin should thou divulge to strangers that thou art a naturist. Be prepared for ribald comments, a lot of leg pulling and funny looks. The uninitiated often consider naturists to be weirdos, perverts, sex maniacs or just raving mad - it's our job to prove them wrong and dispel any preconceived notions that we are a load of cranks.

**5** Thou shalt not compare thine body with others. Thou wilt always see people fatter, thinner, more beautiful or ugly than yourself. Learn to accept people for what they are and not what they look like. We cannot all look like a Miss or Mr Universe, but fortunately very few of us look like the Elephant Man! The majority of human bodies fall between two extremes and being a naturist provides us with the wonderful opportunity to overcome inhibitions and see beyond physical attributes to the person beneath the skin.

**6** Thou shalt not lose thine sense of humour. This is often required when watching various parts of the anatomy swinging in gay abandon while playing miniten or volleyball, watching naturist barbecue without cooking parts of their bodies by mistake, coping with the vagaries of the British weather when naked.

**7** Thou shalt always encourage friends to adopt the naturist way of life. Extol the virtues that come with total freedom from clothes. Thou shalt emphasise the fact that any shape or size looks considerably more attractive with all over suntans



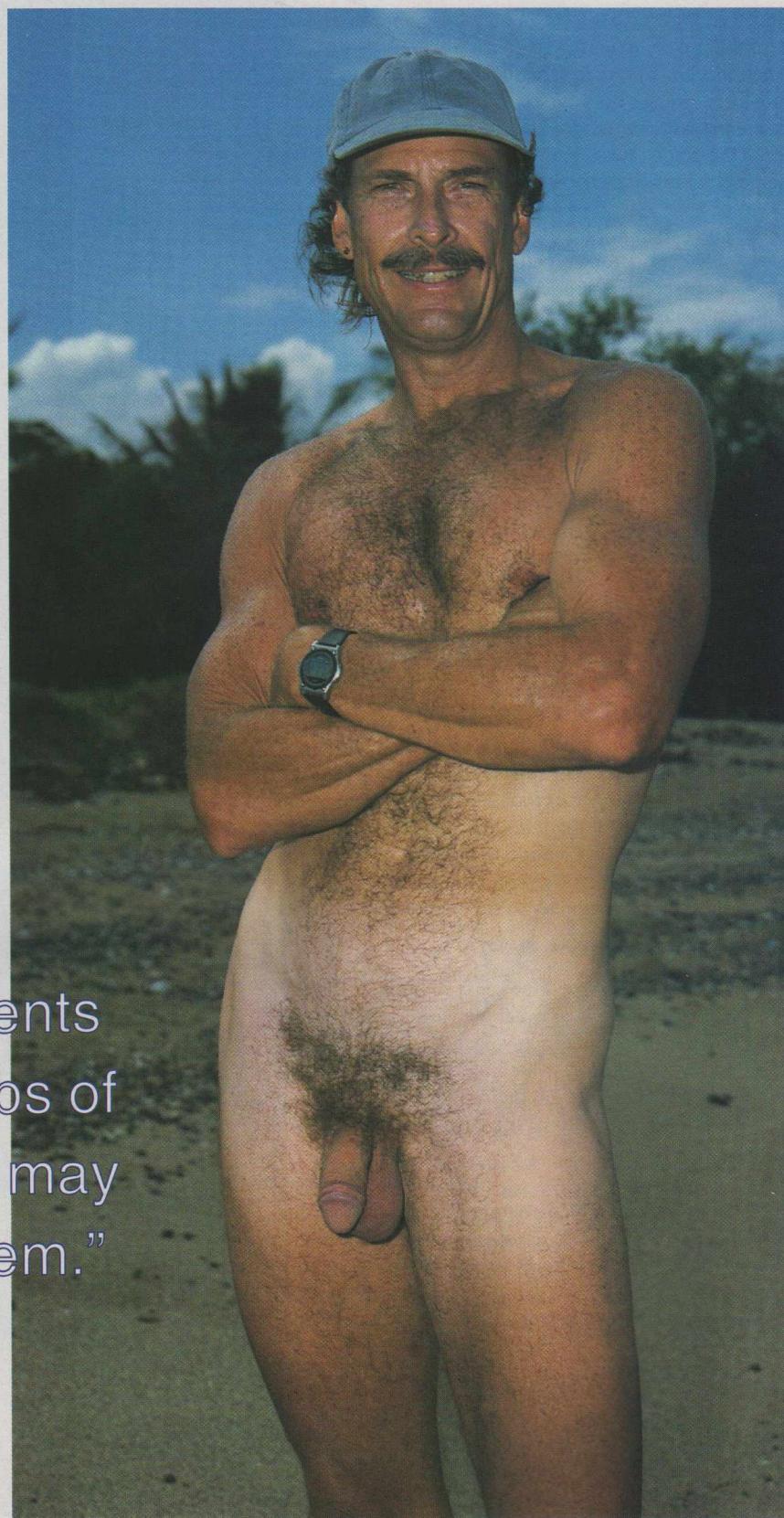
rather than having the white bits from wearing swimsuits/bikinis. Thou shalt mention the lasting friendships that are made from joining a club or taking naturist holidays.

**8** Thou shalt not give naturism a bad name. Such dubious pleasures as wife swapping or general debauchery shall be avoided at all costs. Impropriety in all areas of conduct is to be frowned upon when naked as we don't want the media to have reason to criticise naturism in any way. Promote the naturist philosophy of healthy bodies and minds at all times. (What thou gets up to in private is your own business!)

**9** Thou shalt not covet thine neighbour's wife/girlfriend, husband/boyfriend - especially when naked. For men this coveting can stick out a mile if imagination is not kept under control! Thou shalt always remember that all bodies age and that tight bums and firm boobs will all droop with age as gravity takes over. Remember that naturists can look but not touch - and that wonderful physical forms may conceal a conceited egotist. Stick with what you've got - good bodies, like vintage wine, mellow and mature with age and should be treasured and treated with respect!

**10** Thou shalt enjoy all the benefits of the naturist way of life; freedom from the restriction of clothes (when appropriate), a world-wide network of friends and like-minded people. The opportunity to relax knowing that you cannot be judged by your lack of clothes and other material trappings when naked, culminating in a healthy body and peace of mind.

"These commandments are inscribed on slabs of stone for those who may wish to purchase them."



# HEE-BLINDINGLY GOOD!



Photography by Murray Wren

# Life is Sweden



**Is the Swedish  
dream  
becoming a  
nightmare?  
Robbert  
Broekstra  
reports**

**S**weden is a country of many forests, meadows and lakes. It has a reputation as a liberal country with blonde girls, free sex, free love and friendly people, where you can roam over private land, and camp, swim and boat wherever you like.

Is there any truth in this? Well, the law does allow anyone to walk over private property, even camp on private land (for one night only), or launch a boat on someone's property. But that might change soon. The problem is large groups of tourists abuse the freedom (through ignorance or lack of respect) by staying more than one night at a particular spot, or picnicking in someone's garden. When too many people exploit this freedom, property owners start to get angry.

So, is there any truth in the free sex, free love and blonde girls? Yes, the girls are blonde but free sex and love are really all a myth. However, Sweden is an expensive country, as are all the Scandinavian countries. This is why personally I don't visit as often as I'd like.

On my way to Norway we made an arrangement to stop in the city of Gothenburg to meet a Swedish girl named Alice. Alice works at the local casino and in her free time likes to be a model so had no problems posing for pictures.

When we arrived in Gothenburg, dark clouds were hovering in the sky and we still had to find where Alice lived. Once we'd finally picked her up, we sped through the streets of the city to a lake about 20 kilometres outside of Gothenburg.

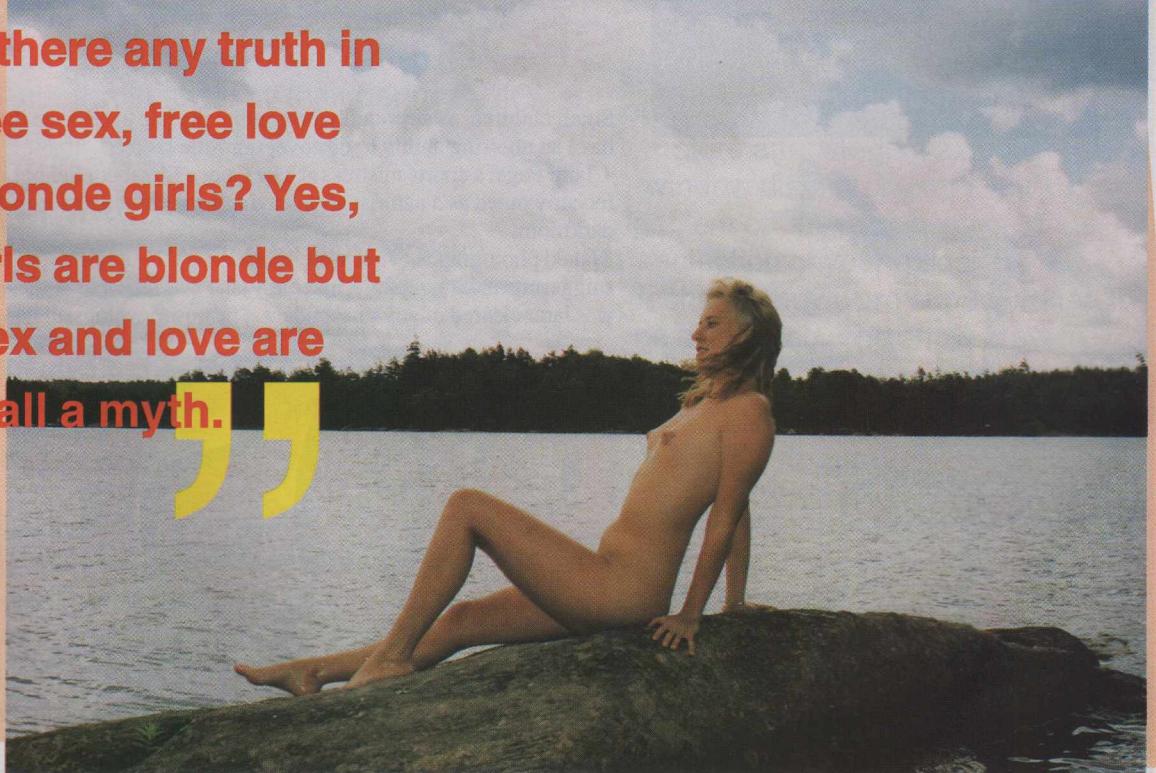
During the first 45 minutes we took some photos and our only companions were some kids looking on from a distance. Alice was not at ease when we stripped off and joined her, she felt she was the model, not us, and didn't understand why we wanted to be naked with her. Then it began to rain and we had to cancel the rest of the shoot.

I can only hope the laws in Sweden don't change over the right to roam and maybe in other countries it won't be long before we can stand naked on another man's land. **HE**





“ So, is there any truth in the free sex, free love and blonde girls? Yes, the girls are blonde but free sex and love are really all a myth. ”





## NO SMOKE WITHOUT THE FIRE ESCAPE

The no-smoking policies of most workplaces have led to street-corner puffers becoming a common sight. It's rare to see people inhaling naked though.

But this was the sight that greeted a number of bemused Londoners recently. Two attractive colleagues had apparently stripped off to enjoy a quick fag break outside the entrance to their City office.

The stunt was organised by smokers' rights group FOREST. The accompanying slogan: "Seventy four per cent of employers don't even ask whether their staff wish to be stripped of their dignity" was a reaction against the prevalence of such bans and the resulting ignominy of having to kill yourself amid the fumes of a city street.

## DYING TO SEE YOU

A voyeur, spying on members of the Naturist Foundation in Orpington, Kent, became so excited he died with his binoculars still clutched in his hand.

The body of the 56 year-old man was discovered in trees bordering the grounds after he suffered a massive heart attack. "I expect his alibi would have been bird watching but I think I know what sort of birds he was looking for," said a spokesman. Ironically, the man died just days before the club's annual open day.

**74% of employers don't even ask whether their staff wish to be stripped of their dignity.**

**Forest**  
Promoting equal rights for smokers



## SPORTY SPICE

Small children, as any adult who continually has to relocate their porn stash will tell you, have an unerring ability to discover our little secrets.

Claire Page, a sports mistress at The Queen Elizabeth School in Kirby, Cumbria, was recently outed as a naturist after leaving a roll of undeveloped film in the school's darkroom.

Naked photographs of her were soon doing the rounds under the desktops, amid the usual sniggering and innuendo. Amazingly, she was reported to the county's education board but was later cleared of any misconduct. She now develops all her films at home.

# EXPOSED!

## NOBODY NAUGHTY AT NINETEEN?

We're not the only magazine that likes to see its readers naked. Babe bible "19" recently took five young couples, stripped them naked, photographed them and asked each to describe what they liked or disliked about their partner's body.

Being a tasteful teeny title, the participants' hands covered their genitals, although stray pubes were considered acceptable. The lovey-dovey comments were similarly modest ("He looks better now he's lost a bit of weight") with barely a hint of hormone-crazed lust attributed to the youthful physical delights on offer.

Mind you, it was only last year that another mag aimed at young teenagers (typically 11-15) caused a storm of parental outrage after it graphically explained the fine art of giving good head.

Obviously by the time they reach "19" territory they're all too jaded by familiarity and experience to get turned on by the bits that young adults are supposed to spend all their time fantasising about. Never mind kids, the urge usually returns in middle age, as a visit to any nude beach will demonstrate.

## WATCHING YOU TURN NUDE

Watchdog's Anne Robinson recently sunk her teeth into Speedo, the swimwear firm whose new range of figure-hugging suits have been showing a tendency towards transparency when exposed to chlorine. Women complained that even after one dip they were left leaving less to the imagination than they would have liked.

But that's nothing compared to the indignity Ralph Appleby from Derby suffered while taking his new (not Speedo) trunks on holiday to the Costa del Sol. They turned totally transparent on contact with the water and remained so until they were completely dry. After complaints from fellow beach users Mr Appleby was arrested for indecency, spending a night in a cell before being released.

Four years later he revisited Spain where he was promptly detained for jumping bail. He spent 18 days in Malaga jail before being freed on £2,500 bail. At the subsequent trial no verdict was reached and, later, the charges were dropped.

"My trunks did turn transparent, but it was the first time I'd worn them so it was hardly my fault," he the unfortunate tourist, who by now was some £5,000 out of pocket over the incident. So much cheaper to stick to nude beaches isn't it?

## SHORTS SHORTS SHORTS

### "LEARN TO SHAVE YOUR PARTNER"

Ran an intriguing small ad in Private Eye. Not a dodgy degree in depilation at some spurious back street college, however, but a Baker Street hair salon offering men the chance to be shaved, cut-throat style, by their partners. "It's very erotic," assures owner Daniel Rouah.

### RUSS MEYER WASN'T WRONG...

Remember "Deadly Weapons" in which Chesty Morgan suffocated her victims with her 73-inch breasts? Now a punter is suing an Illinois strip club for \$200,000 for "emotional distress, mental anguish and indignity" after sustaining facial injuries from performer Busty Heart's pair of 88s. Only in America...

### MARRIAGE WOVS

Naked, body painted dancers gave a performance of body art before the nude wedding in Taiwan of Hsu Shao-tan and Wu Jung-Chang. "I want to show that nudity does not have to be pornography; nudity can be art," said Hsu, a former stripper and unsuccessful parliamentary candidate.

## MONTY MANIA TAKES OFF

Having revitalised the British film industry, "The Full Monty" is now tempting the nation's men out of their clothes. First up were four angling friends from Polesworth,

Warwickshire who formed a striptease troupe called the Dangling Maggots.

The quartet's debut performance at a wife's 30th birthday was so successful they've now acquired a manager and a number of future bookings. Business is likely to be further boosted after The Sun snapped them dancing naked in a chilly river.

Next up was a pub soccer team from Swindon who posed naked to celebrate a 16-3 win. The Greyhound Hotel's team stunned supporters after marching out of the dressing room naked after trouncing local rivals The Littentree in the Carlsberg Pub Cup. Martin Goodfellow, the victorious side's landlord said: "Hopefully we can go all the way this year, but I don't think they should strip at Wembley."

In the same weekend five students drew a crowd of over 300 outside a Manchester department store after staging a risqué window display. Women yelled "get 'em off" as they peeled off the selection of young designers' fashions they were supposed to be promoting. The show drew to an early close after a passing motor cycle cop stopped and accused them of indecency.

Surely it won't be long before the "FM" becomes the accepted term for nudity and a viable mitigation in the inevitable court hearings? Users of unofficial beaches might like to take note for future reference.

# Julie





**Julie sadly  
has little  
opportunity for  
sunbathing  
naked.**



**So she's coyly  
grabbed this  
chance to tan  
those white  
bits !**



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#### FRIENDS/SPORTS PARTNERS

**REFINED ROMANTIC** Good-looking, cultured widower, based in Sussex, seeks committed naturist, 40+, for friendship+. **27251**

**HIT THE SPOT!** Anything-goes, bi-curious, naturist couple, **50s**, seek similar couple for slap 'n' tickle. Essex. **29971**

**STUDY HIS FORM!** Dark-haired, slim, smooth Male, **25**, seeks person in need of nude model. Essex. **26156**

**GIVE HIM A HAND** Trying naturism, smooth Male, **51**, seeks naturists for accompaniment. Inverness. **28507**

**DRAW ME, PAINT ME** Osten-tatious Male, **21**, new to naturism, wants to pose for photographers, artists & painters. North West. **27431**

**GIVE ME A CALL** Straight Male, **26**, qualified massage therapist. Seeks Female, age irrelevant, to visit naturist centres, clubs & pubs. Essex. **29889**

**STRIKE A POSE** Artistically-inclined Male model, **35, 5'11"**. Seeks artist. Nudity not the issue, not for material gain. Surrey. **29897**

**CHEMISTRY ENGINEER** Blond, blue-eyed, slim Male, **46**. Into holidays, clubs & dancing. Seeks friends with similar interests. Berkshire. **27573**

**WHAT MEN DO BEST** Mature, married couple, seek Male/s. Essex. **27147**

**MASSAGE MAN** Sensual massage enthusiast seeks Female or couple, in need of a knead. Kent-based Male, **50s**, awaits. **33279**

**NO SHAME IN SPAIN** Fun-loving, slim Male, **24**. Seeks similar Female or couple, 20+, for fun times in France or Spain this summer. Hull. **26902**

**HERE COMES THE SUN!** Cumbria-based Male, **31**, seeks straight-forward friendship with artistic, relaxed, philosophical others, 25-38. **26929**

**LIFE BEGINS AT...** Full of life, uninhibited Male, **60s**. Seeks Male or couple, age irrelevant, into life, naturism & massage. Hereford. **26099**

**HAIR'S TO YOU** Just **30**, seeks un-shaven Female for closer encounters, or Male friends. London. **26957**

**SWEDISH MASSAGE MASSAGE** Frequent traveller to the continent, **49**. Into massage in a big way. Seeks couple near Folkestone for fun-filled stop-overs. **26132**

**NATURISTS UNITE!** Medium-built Male, **26**, seeks Female, or couple, for clubbing, beaches & home visits. Surrey. **29876**

**ARE YOU THERE?** Colchester male, **50**, seek Male for fun times. **27148**

**THRILLS 'N' SPILLS!** Blue-eyed, slim, sexy guy, seeks friendly woman, for drinks & fun. Can travel. Bristol/South West. **27138**

**HIT THE BEACH!** Recent convert to naturism, **21** year-old Male, seeks new friends, to explore beaches, clubs & swims. West Midlands. **25569**

**STRIKE A POSE** Naturist couple, late **40**, into photography & videos. Hold occasional meetings. WLTM other couple. Midlands. **26724**

**OUT OF AFRICA!** Well-travelled, professional Male, **31**, into saunas & gyms. Seeks intelligent woman, to spend fine time with. London. **33229**

**NORTHERN DES-IRELAND** New to scene naturist couple, **30s**. Seek couple, single, club or association. Northern Ireland. **25747**

**LIFE'S A BEACH** Naturist couple, late **30s**, seek other naturists, & families, for beach visits, social evenings, etc. Scotland. **26778**

**STUBBLE TROUBLE!** Shaven, **30s**, naturalist couple, seek similar couple, for social evenings, beach visits & more. Dumfries. **26780**

**LEWD IN LONDON** Outgoing, inexperienced man, **30**, seeks witty, honest & gregarious man/couple, for clubs & carnality! **33184**

**PERFORMANCE** Clean, discreet couple. M, **52** & bi-curious. F, **43**. Naturists, into camping & eating out. WLTM bi-curious couple, or F. Gwent. **26761**

**NAKED LUNCH?** Naked European Male, who is long-

haired & open-minded, WLTM like-minded naturist couples/Females, for bare-faced fun. Manchester. **32984**

**SHED PRETENSIONS?** Attractive & solvent Midlands Male, **50**, WLTM people who believe that naturism is a philosophy as well as a pleasure. **33050**

**COLD THIS CHRISTMAS?** Adventurous bisexual guy, **29**, seeks like-minded, frolicking Males/Females/Couples, for winter warmth! Bristol. **25899**

**STRIPPED TO THE BONE** Nude-model, **35**, tall, fit, practicing naturist, seeks people interested in the Male form. London. **26683**

**STRESS-BUSTER!** North East-based masseur, athletic & attractive, seeks uninhibited lady, who'd like a sensual & satisfying stroking! **26691**

**SULTRY IN SURREY** Tall, medium-built explorer, **49**, seeks open-minded, intelligent & empathetic people, to guide him into naturism. **33040**

**CANDID CAMERA** Lust in Luton, **50** year-old photographer, seeks people, **50-70**, for stitch-free posing. **25423**

**PUNISHMENT, CORPORAL** Policeman/serviceman, under **40**, wanted for friendship. Inform those in uniform that this guy is an arresting sight! South West. **25835**

**CRAZY IN CUMBRIA!** Tall, very well-endowed exhibitionist, likes videos & photography, seeks equally adventurous people, for...anything! **25287**

**WOMEN SEEKING MEN** BLOWING BUBBLES Bubbly, passionate, attractive, demanding blonde, **33** Into saunas, clubs & jacuzzi's.

Seeks solid relationship with Male of similar age. Northampton. **33382**

**IT'S GOOD TO GIVE** Attractive duo, **30s** desperately seeking sexy, slim chap, **20s**, as Xmas present for wife. North West. **25520**

**MEN SEEKING WOMEN** MAD FOR IT! Inexperienced chap, new to the scene, hopes to meet gregarious woman, **18+**, to show him a thing or two. Manchester. **29940**

**CANOE CALL ME?** Shy, quiet Male, **40**, enjoys canoeing & outdoor sport. Seeks Female, **18-40**, for friendship, maybe more. Cambridgeshire. **26161**

**SPRING CLEAN?** Nude Male help, **35**, into DIY, cutting the lawn, house cleaning, painting, etc, for free. Seeks Female, **18-80**. Kent. **27076**

**UNCLAD FREEDOM** Single, witty Male, **53**, seeks attractive, bisexual Female, under **50**, for nudist clubs & camps, here & abroad. Devon. **27081**

**NAKED FREEDOM** Late **30s** Male, seeks fun, naturist Female, age/size irrelevant, for great times. Stirling. **27357**

**AU NATUREL** Uncomplicated



**Male, 48** Seeks uninhibited Female who visits naturist clubs & beaches. Middlesex. **27003**

**EXPLORING NATURISM** West Indian Male, **30, 5'10"**. Seeks broad-minded, buxom Female, **18+**, any colour/size. Staffordshire. **32971**

**PLEASURE SEEKER** Slim, tall, blond Male, **32**. Enjoys restaurants, clubs & beaches. Seeks Female, **25-35**, with similar interests. Dorset. **32907**

**SENSE OF ADVENTURE** Broad-minded Male, **33** seeks Female, **18-35**, adventurous, slim & beautiful naturist. Bedfordshire. **27041**

**NAKED PLEASURE** Slim, intelligent, witty, sporty Male, seeks attractive, fit Female, **18-38**, for naturism at home/abroad. Nottingham/Derby. **33199**

**IN THE PINK** New to naturism, tall, slim, shapely Male, **49**, seeks adventurous single/couple, for naturist fun. Perthshire. **27162**

**LET'S HOLIDAY!** Straight, new to scene Male, **36**, seeks Female or couple as holiday companion/s. Glasgow. **27209**

**ANYTHIN29**, can travel. Seeks attractive Female or couple for anything goes fun. Leicestershire. **27186**

**LIFE ON THE OCEAN** Male, **50** & his **40'** yacht, seek hands-on, caring Female to share passion of sailing & sun. Bedfordshire. **28461**

**RECENT CONVERT** Worcestershire-based, music & travel-loving Male, **25**. Seeks easy-going Female, with similar interests. **33290**

**WILLING TO LEARN** New to naturism, young, black Male, **35**, seeks Female for naturist outings, friendship, etc. London. **33293**

**RUN IN THE SUN** Tall, slim, fun-loving, naturist Male, **24**. Seeks similar Female for shared good times. South West. **26171**

**SHY GUY** Shy, broad-minded Male, **43**, seeks plump, cuddly Female to help him into naturism. Hampshire. **29852**

**BIT OF A DREAMER** Piscean Male, **31**, into swimming, art, drawing, etc. Seeks relaxed Female for possible relationship. Cumbria. **26928**

**YOGI'S HERE** Cool-bear, win-

dow cleaner, **44**, driver, own cave, seeks Female, **25-45**, into naturism. London. **26094**

**'AVE A LAUGH** Honest, trustworthy, Mediterranean guy, **30**. Likes socialising, music, sport, travel, clubs, etc. Seeks fun Female. London. **33313**

**EASY DOES IT** Northern Male, **27**, enjoys the outdoors, seeks Female friend for coastal walks, possible relationship. Southampton. **26100**

**THE HIGH ROAD...** Fun-loving Male, **44**, into cinema, beaches, photography & massage. Seeks similar Female, **35-45**, with sense of fun. Scotland. **26103**

**BETTER TIMES AHEAD** Lonely Male, new to the naturist scene, seeks Female, **18-25**, any race/size/looks, for great times this summer. East Anglia. **27228**

**SNAPPY DRESSER** Trendy M, **32, 5'10"**, slim & easygoing. Likes ten-pin bowling, socialising, etc. Seeks slim, young lady for naturism & possible relationship. London. **26124**

**HOME OR AWAY** Naturist Male musician, **25**, seeks similar Female, **20s**, early- **30s**, for fun times at clubs or at home. London. **27252**

**ROLL IN THE HAY** Tall, attractive, athletic chap, seeks fun-loving Female, for fun in the countryside. Derbyshire. **28414**

**LET'S GO NAKED** Tall, slim, single Male, **31**, into naturism. Seeks single/couples, age irrelevant. Can accommodate. Ayrshire/anywhere. **26866**

**TRY ME OUT** Lively & exciting Male, **25**. Into pubbing, clubbing & travel. Seeks Female, **18-30** for friendship & relationship. Bristol. **27137**

**I WANT WOMAN** Tall, blue-eyed chap seeks genuine Female, **19-25**. Kent/Surrey. **26836**

**THE GREAT OUTDOORS** Sporty, pub-**30**, seeks similar Female, into beaches & the great outdoors. Cheshire. **33209**

**THE SUN!** Attractive, slim, tall, professional Male, **42**. Seeks animal-loving, easy-going woman, for fun in the sun. Cornwall. **26016**

**HOLIDAYS IN THE SUN** Blond, blue-eyed Male, **30**, into cinema, country pubs &

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TWO OF A KIND? Nudist man, **23**, seeks woman, 20-35, into naturism. Twickenham. **28292**

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PRAISING OLDER WOMEN Good-looking Male, **31**, non-smoker & novice beach-using naturist. Seeks woman, 47-62, for naked fun. Norwich. **25401**

NAUGHTY IN NORWICH Friendly, attractive **31** year-old loves older women, 50-70. If you'd like to dance as though it were your wedding night, call! **25404**

SMOOTH AS SILK Lincoln-based Male **51**, who is tall, slim, witty & non-smoking, seeks a tactile lady to help rub-out the creases! **23054**

ZESTFUL ZEALOT? Tall, dark-haired Male, **27**, is looking for a humorous, spontaneous & vivacious Female naturist. Aberdeen. **25927**

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BRISTOL FASHION! Athletic, **36** year-old martial artist, likes massage & naturism, seeks similar woman, for fun times. **23009**

FUNNY FELLOW Tall, sporty & youthful guy, **51**, effervescent life-lover, seeks similarly gregarious & witty woman. London. **25867**

CHILLY IN CORNWALL! Well-built, non-smoking widower, humorous & broad-minded, seeks naturist Female, 40+, to share beauty of the naked form. **25622**

LIKE TO LAUGH? Mid- **30s** Male, very open-minded & outgoing, seeks similar Female, for fun & friendship. London. **26684**

BARE-FACED CHIC? Tall, good-looking **40**-something exhibitionist, WLTM like-minded Female, for fun & frolics amongst the dunes! Cornwall. **25817**

SUFFOLK STROKER This sexy & slim **18** year-old, WLTM an equally happy, attractive & amorous Female, 18-24, to wriggle 'n' giggle with. **32975**

BARE WITH HIM! Tall, slim, active, Male naturist, **43**, seeks uninhibited Female, for revealing times. Shropshire. **28076**

EN VOGUE Good-looking chap, **27**, slim, smooth & tanned, would like to model for YOU! Lincoln. **25221**

CARING IN CORNWALL Attractive, well-built, **60** yr-old, non-smoking widower, likes naturist beaches, some pubs & travel. Seeks similarly mature, cuddly woman. **25225**

#### MEN SEEKING MEN

SMOOTH AS A ... Male, **38**, 5'6" & shaved, seeks photographer for nude modelling. Manchester. **27412**

PLEASURE PRINCIPLE Fit Male, **39**. Seeks Male to visit local spa for indoor or outdoor fun. East London. **33383**

SHAVEN HAVEN Keen, gay naturist, **44**, likes body shaving, pubs & clubs. Seeks gay guy for fun, holidays & friendship. Lancashire. **26921**

GET YOUR ROCKS OFF! Rock-climbing Male, **20**, also into clubs, art, cycling & indie music. Seeks similar Male, 20-23, for good times. London. **26020**

NEW BI BOY Beach-loving naturist, **50**, seeks well-endowed, handsome Male for hot & horny times this summer. Bournemouth. **29849**

ESSEX MAN Attractive Male, **20**, into clubs, pubs & sports. Seeks similar, straight-acting Male, 20-25, for fun times. **26133**

STEAMY FUN Dorset-based Male, late-**30s**, into steamy sauna fun. Seeks Male friend to sweat with. **26952**

GOOD COMPANY Tall, hairy-chested Male, **38**. Into art, music & naturism. Seeks chubby Male, 20-40, for fun & friendship. Bournemouth. **26027**

HAIR-RAISING! Bi-curious chap, clean-shaven, seeks bi/gay/couple, age/size irrelevant, to show him the ropes. Kent. **26791**

ON THE MAT..? Fit **43** year-old swimmer, who likes working-out & wrestling, is looking for a stocky guy for fun & friendship. East Sussex. **25655**

GET YER KIT OFF! Open, **35** year-old naturist is looking for 20-35 year-old guy, for nude, lewd & rude times! Hertfordshire. **28190**

TRUE ROMANCE New to naturism, this good-looking blond, **36**, WLTM friendly, open & romantic bloke, for possible 1-2-1. Wolves. **25488**

BLOOMIN' MARVELLOUS! Bristol-based, **25** year-old naturist, WLTM similarly intelligent people, to tiptoe through the tulips with. **25292**

CARNAL IN CORNWALL Unshockable **36** year-old guy, who is tall, slim & very well-endowed, WLTM similar, preferably hairy guy, for torrid trysts! **25834**

WOMEN SEEKING WOMEN ESSEX GIRL Pub & club-loving Female, **21**, seeks similar, fun-loving Female, 21-25, for great times. **27259**

WOMEN ON TOP Petite, slim, blue-eyed, long-haired fun-lover, exotic & erotic bisexual, seeks similar woman, for fun and friendship. Lincoln. **25054**

PURE PLEASURE Very adventurous, attractive couple, late-**20s**, seek an attractive & athletic Female for nights of fun & frolics. Kent. **28231**

COUPLES NUDE 'N' RUDE! Attractive couple, **50**-ish, with voyeuristic tendencies, seek similar partnerships for fun. London. **26880**

STEAMING IN! Handsome, athletic, well-endowed, stamina-filled adventurer, **40**, hopes

to meet open-minded, older couple. Can accommodate. London. **27637**

EAGER TO PLEASE Couple, **40s**, new to swinging scene. Seek younger couple, with bisexual F into swapping. Eastbourne. **27649**

TOP PAIR OF BRISTOLS Adventurous, bisexual, well-endowed, pierced naturist, **43**, seeks similar couples. Can accommodate/travel. **27654**

THE DARLING BUDS Inexperienced, straight couple, **30**-ish, seek seasoned couple to help them blossom. Kent. **27436**

NEW TO THE SCENE Bi-curious Male, **36**, seeks bi-curious couple for introduction to the scene. Can travel but cannot accommodate. West Bromwich. **26137**

MANLY PURSUITS Softly-spoken Male, **32**, 6'3", seeks bisexual-Male/couple, into naturism, for fun & friendship. London/anywhere. **27074**

ANYTHING GOES Extremely broad-minded Male, **35**.

WLTM couples, 18-35 who are looking for fun. Completely uninhibited & will fulfil fantasies. **27042**

SOOTHE YOUR ACES Bisexual Male, **38**, seeks couple, into massage & DIY, for fun times. Stirlingshire. **27356**

THE GAMES WE PLAY Married couple, mid-**40s**, he medium build, she 5'6" & fully shaven. Seek easy-going couple, for fun & friendship. London. **27370**

SEEN ANYTHING SEXY? Graduate, **50**, well-endowed, tall & slim, seeks couple, interested in voyeurism, massage & DIY. Sussex. **24357**

FIT & ATTRACTIVE Straight Male, **40**, very tactile, into anything nude-related. Seeks like-minded Female for fun & friendship. Kent. **29913**

ON ME 'EAD! Ex-professional footballer, attractive, late-**30s**. Seeks older couple, 45-60s, for enjoying life's finer things. London. **28432**

UN-SHY GUY Friendly Male, **30**, 6'1", with medium build, seeks naturist Female/couple, for fun, games & friendship. Kent. **33283**

TWOSOME THREESOME! Attractive, fun-loving couple, seek bisexual Female, 20-40, for fun times. Can accommodate. North West/anywhere. **27196**

WATCH IT! Nice, educated couple, **39** & **40**, enjoy outdoors, photography, videos & voyeurism. Seek couple into similar activities. Midlands. **26824**

HIT THE BEACH! Young couple, **30s**, new to naturism, seek other couple, for indoor & outdoor fun. Surrey. **33329**

MAN-CHESTER UN-TIED Young, slim, sexy, bisexual transvestite, **19**. Seeks Female/couple, for great times. Manchester. **29870**

HAPPY FUN Anything goes as long as it's fun for everyone. Male, **44**, seeks partners for adult fun. Essex. **26975**

UNCLAD FREEDOM Tanned, partly-shaved, tall, naturist Male, **40s**, into massage, shaving, etc. Seeks horny, naturist Female/couple, any irrelevant, for hot sessions. Notts/anywhere. **29870**

HIS ROVING HANDS Slim, attractive, naturist Male, likes giving normal/sensual mas-

sage. Seeks

Male/Female/couple desiring the same. London. **23352**

WILLING TO LEARN Friendly couple, **40s**, new to the scene. Seek similar, attractive couple, for fun & friendship. Cardiff. **25665**

MASSAGE IN A BOTTLE Naturist couple, he, **40**, she, **38**. WLTM other couple, for friendship, sensual massage & adult fun. North West. **25609**

SECOND TRY LUCKY? Del from East Anglia - you responded to an ad on the browse hotline, lost your number. **25883**

THREE FOR ME? Outgoing, **35** year-old chap, convivial & carnal, is looking for like-minded couple, for tempestuous times. London. **26685**

FOUR-PLAY! West Midlands-based couple, who are very attractive & sexy, WLTM similar couple, for hot 'n' horny happenings! **28139**

LOADED WITH LUST! Separated **45** year-old, who is tall & teasingly attractive, with a big weapon, WLTM an exciting & erotic couple. Cornwall. **25818**

NAUGHTY NOTTINGHAM Loving couple, **40s**, seek couple, for videos & anything else you can think of...! **25466**

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FANTASY FOOTBALLER? Scottish ex-footballer, **30s**, enjoys wining & dining, seeks attractive couple, 40s-50s, for fun, friendship & good times. Cambridge. **24360**

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# The independent naturist



Sometimes package holidays and glossy travel guides can't offer the naked traveller what he or she is looking for. Mark Carlton set off for Crete for a naturist holiday entirely of his own making

For naturist holidaymakers - like Caroline and me - who shy away from centres such as Cap d'Agde, there's no better place to head for these days than Crete. The traditional Greek island's attitude to nudity has thawed a lot in recent years and you can happily strip off on almost any beach.

We headed for the south west corner of the island and stayed first in Paleohora, and then Souyia. We always try to go to places where naturist beaches sit side-by-side with ordinary life. There's something about the fundamentalism of naturist centres which turns us off. What's more, they tend to be quite boring places.

To demonstrate how quickly things have changed in Greece, my guidebook, published in 1991, was already severely out of date. It said the only naturist beach was a long walk to the east of the town over the cliffs in the sweltering heat. And into the bargain it was a rather uncomfortable pebbly one.

Well, there it was, 50 minutes walk away with hardly anyone on it, wild and windy. We like walking so the long trek didn't worry us unduly, and by the third day we plucked up the courage to strip off as we made our way along the path, and did most of the walk in the nude.

In need of some sand for a change, we went to Paleohora's main beach, expecting to have to go textile. To our delight, three quarters of the way along, a whole crowd - mostly Germans - were stripped off. No mention in the guidebook and we could have saved our legs from the first day! And it was all within a stone's throw of the town centre and right next to the main road.

We spent the rest of our time in

Paleohora on this superb stretch of sand, backed by tamarisk trees, tavernas and bars. The town has plenty of rooms for rent (5,000 drachmas - £11 a night for two), all clean and comfortable, some with cooking facilities. Our room was easy to find. When we got off the bus on arrival, Maria, an elderly woman dressed all in black, said she had rooms to rent and led us off to her house.

Geraniums in discarded olive oil tins, roses and marigolds decked out the front of her pristine white house. It was quiet and peaceful and we didn't even need to discuss it. I think Caroline the cat - who couldn't keep away from her - would have clinched it whatever the condition of the room.

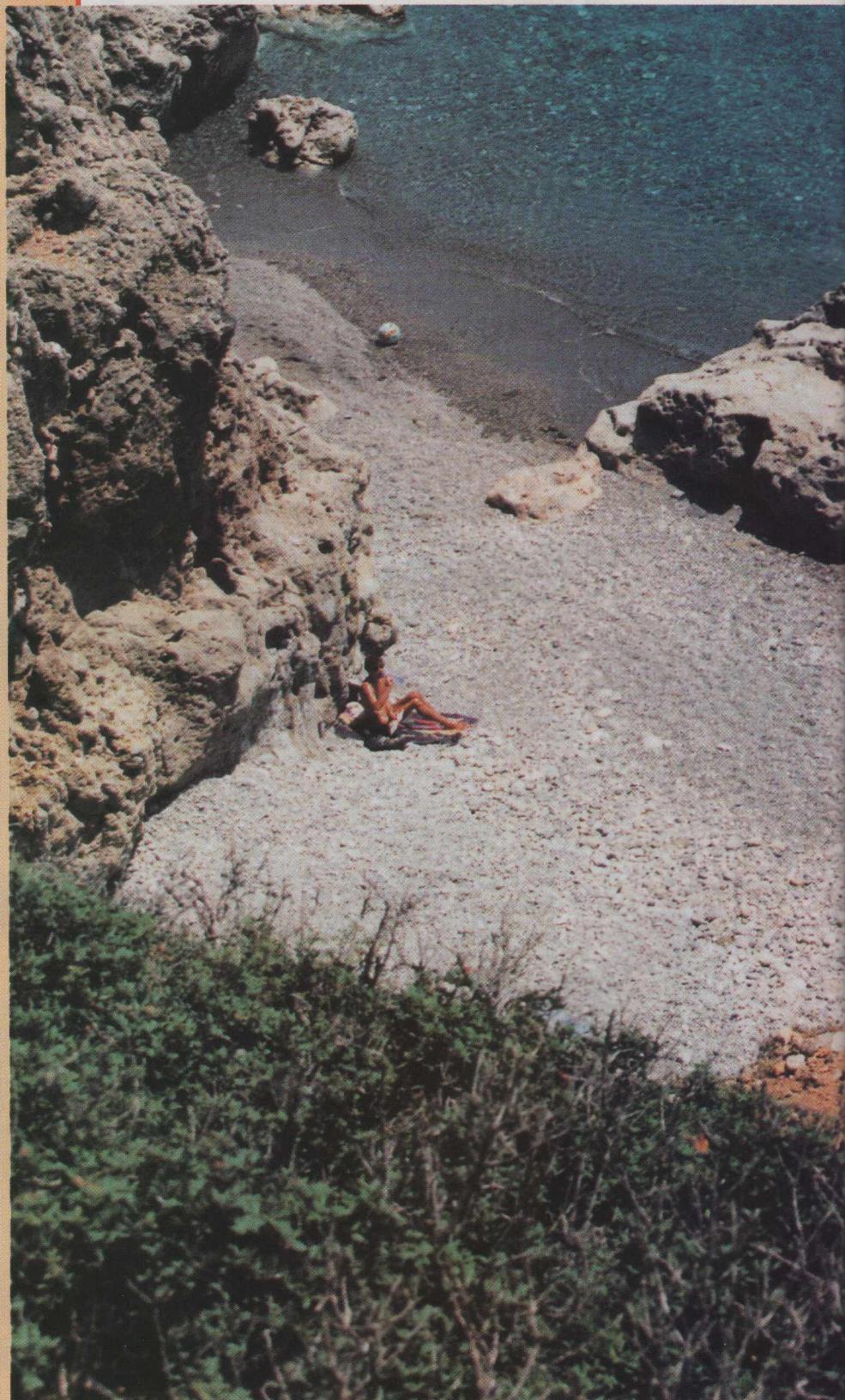
Eating out is still really cheap, so we didn't bother to use the kitchen facilities in the room. Taverna food was simple but usually okay - best bet is the fish, calamari (squid) for example, but meat balls with lashings of herbs were surprisingly was good. Cretan wine - well, don't savour it too long, just swill it down and you'll find it's okay!

At the Pelican restaurant, surprise, surprise, there is a resident pelican who honks and waddles around while he poses for the cameras for the hundredth time that day.

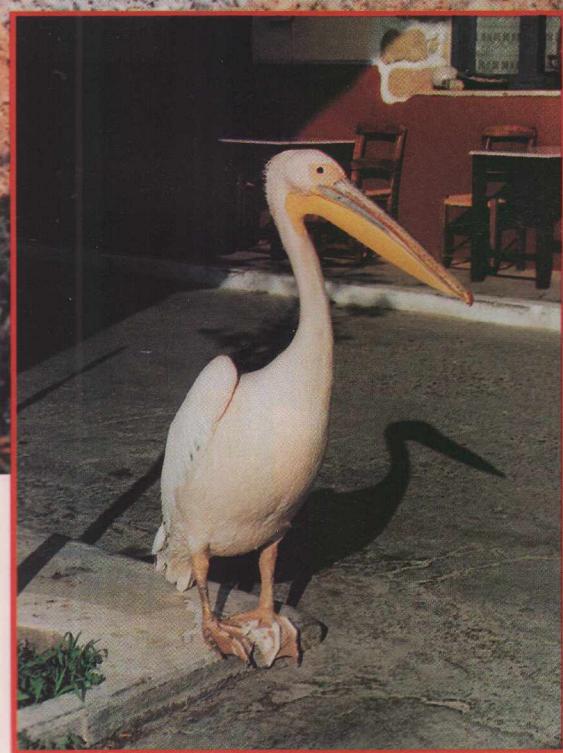
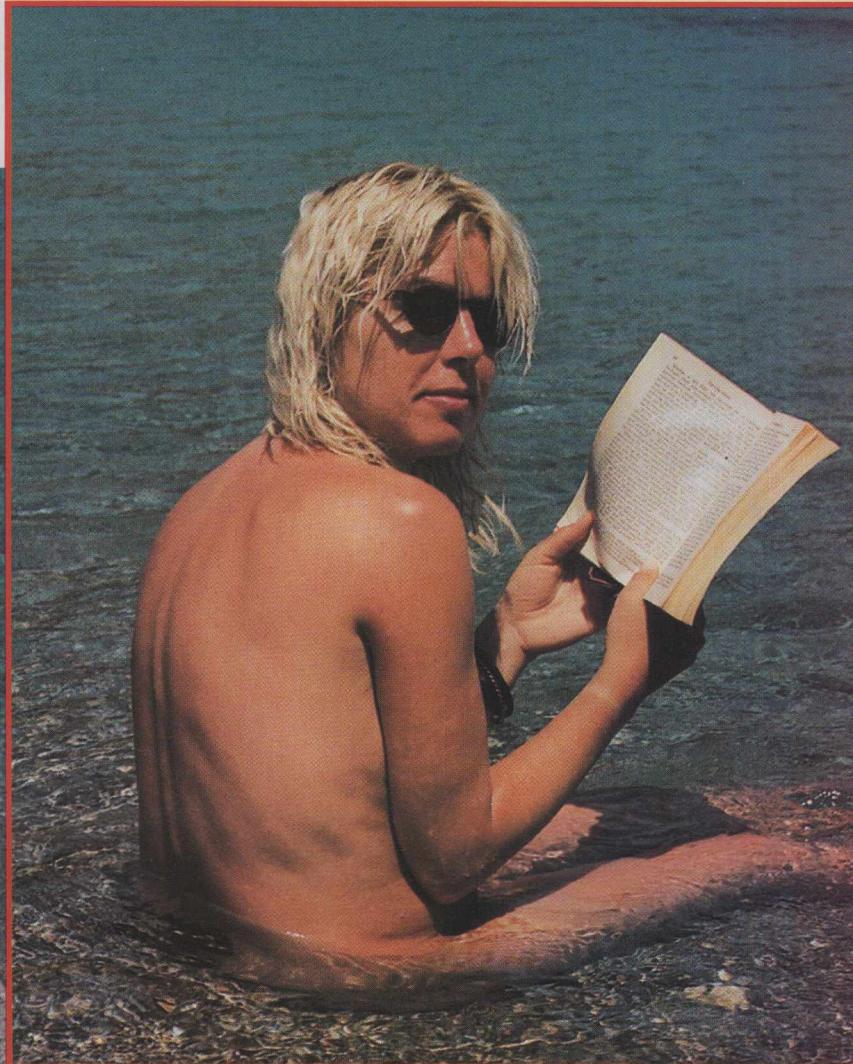
One day we took an hour's boat trip west to Elafonisi. This little undeveloped paradise is right on the south-west corner of Crete. There are hardly any rooms to let and most people camp. It's a flat peninsula of sand dunes and the pink sand there is said to have healing properties. Several people were vigorously rubbing the sand over themselves in an attempt to get rid of who knows what dreaded diseases. You can lose yourself all day in the rolling sand dunes, and we did.

Our last four days were spent at nearby Souyia, an hour boat trip to the east. The ancient fishing village is turning into a holiday centre but not yet in any significant way. It is still small and intimate and very friendly, just a smattering of restaurants and rooms to let with a different mix of people. There's definitely a hippie set, some of whom camp on the beach, young mums with children and the occasional older couple for a week-long get-away-from-it-all break.

The beach is pebbly, otherwise this really would be paradise by the sea. Again my guidebook got it wrong. It said the only naturist bit of the beach was at the east and beyond the rocks - what the locals call "The Bay of Pigs".



**"At the Pelican restaurant, surprise, surprise, there is a resident pelican who honks and waddles around while he poses for the cameras for the hundredth time that day"**



Discover the attractions of Crete for yourself

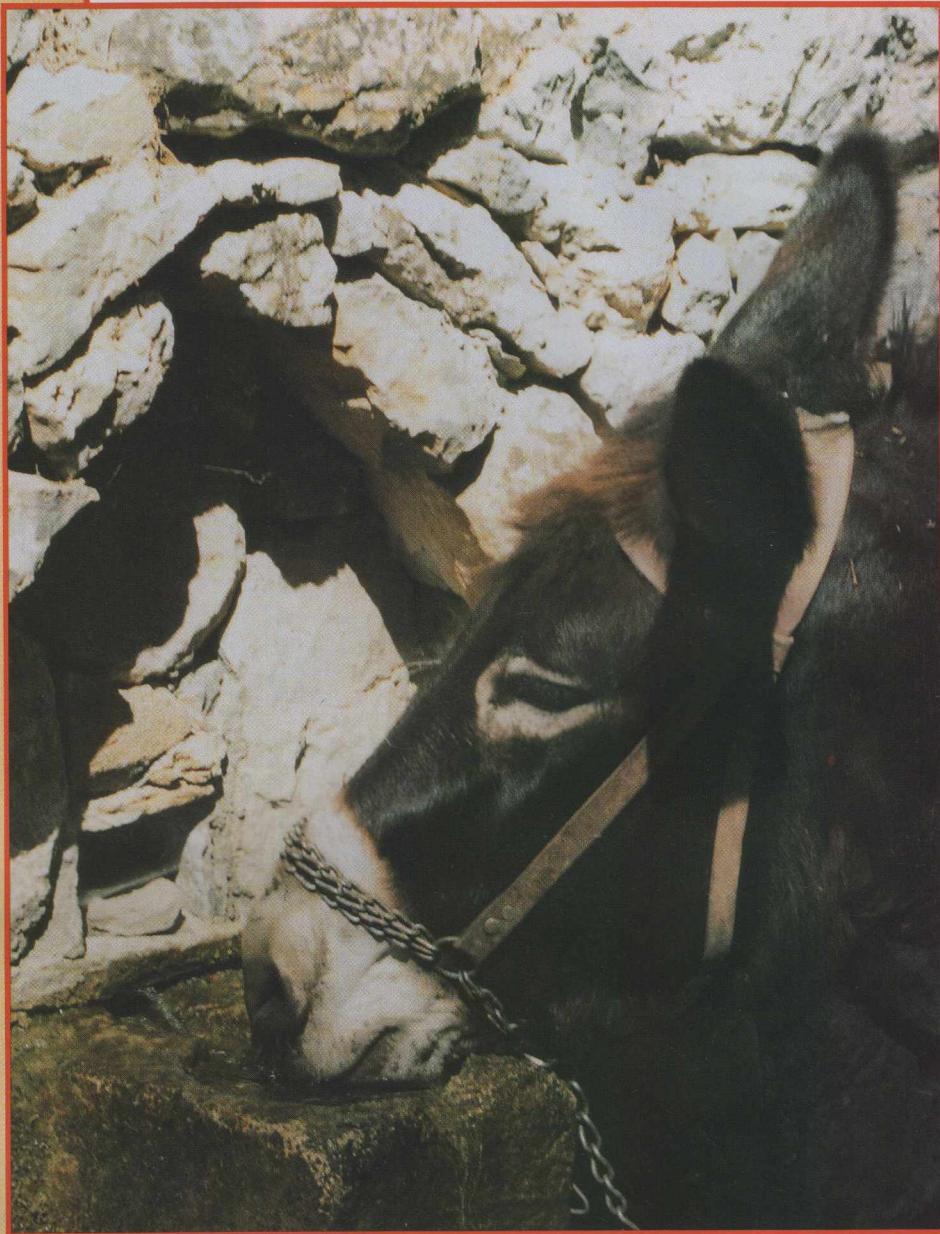
Wrong: nearly the whole beach is now naturist. In fact, most tourists go "au naturel", leaving the textile sector to the Greeks. This really is one of Greece's naturist strongholds and it looks as if the local Cretans - commonly acknowledged to be among the most conservative of Greeks - have accepted it, including the police.

We were there in May and hit the first hot weather with impeccable timing. The week before it had been cold and raining but all through our two weeks it was blazing hot with temperatures in the nineties.

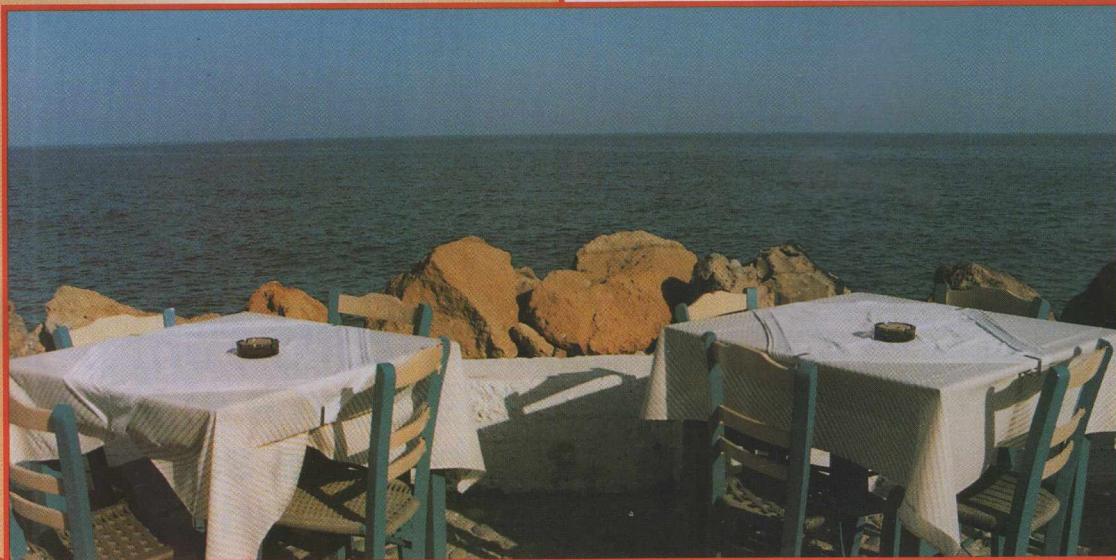
One of the advantages of steering clear of whole-hog naturism is the variety of attractions which are on offer. Anyone holidaying in western Crete should not pass up the chance of walking the Samarian Gorge. It's all downhill, following streams most of the way, through fields and trees, under the towering Lefka Ori mountain range. Unfit walkers will do it in six hours, those of average fitness in four to five. We pushed ourselves and did it in three and three-quarters but regretted not slowing down to take in more of the superb scenery.

Wherever you're staying, doing the walk involves getting up at the crack of dawn to escape the worst of the heat. Don't get conned into paying over the odds for an organised tour, you're not paying for anything extra: take local transport. There is no need for a guide as you can't get lost because hundreds of other people are doing the walk.

The next day we took our own walk in the hills and when we were away from the villages, with only the scraggy goats looking on, we shed our clothes and walked in the nude all day. At that height there was a cooling breeze and we shall never forget the invigorating feeling of being naked in the wild. And, oh yes, we came back perfectly brown all over, ready to be caressed by the gentle English summer sun. **HE**

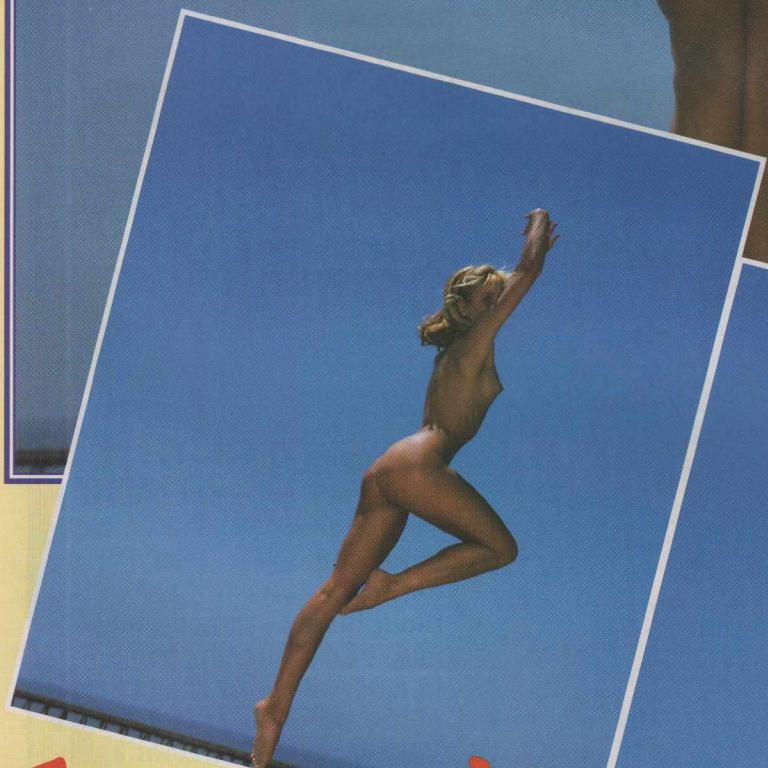


**"Eating out is still really cheap, so we didn't bother to use the kitchen facilities in the room. Taverna food was simple but usually okay"**



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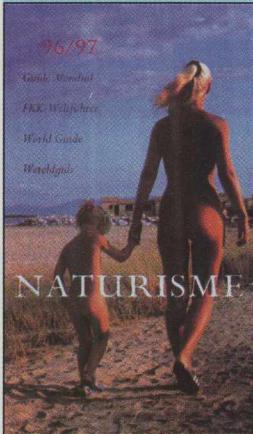
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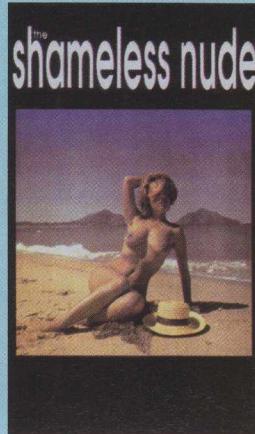
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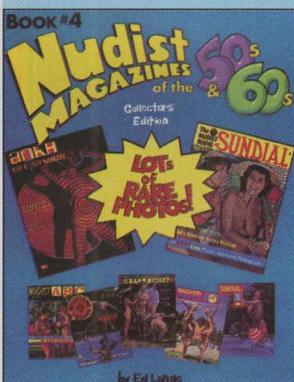
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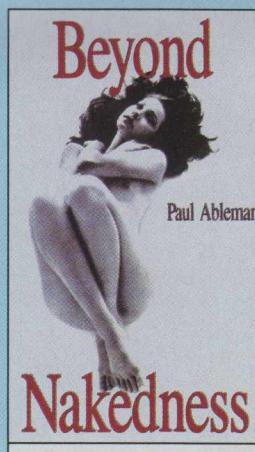
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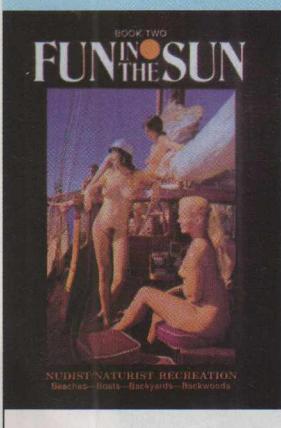
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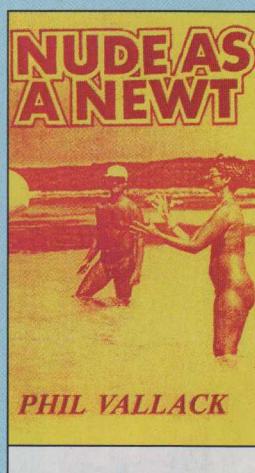


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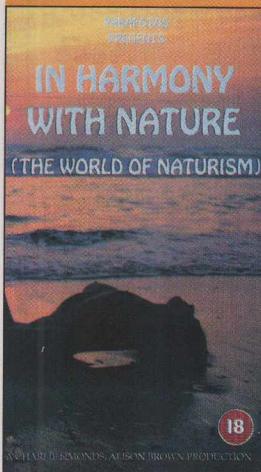
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*N is for Naked* is a vintage nudist classic from the States. A simple celebration of the alphabet in nude photos! £20.99 inc UK p&p

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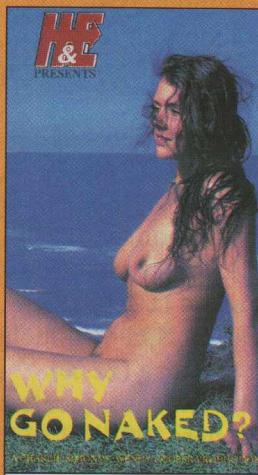
Order on page 59. Subscribers enjoy discounts - see page 59



## GENERAL NATURIST

Charlie Simonds and Alison Brown made over a dozen films about naturism around the world. In this video they present a lively look at naturism and visit naturist resorts in the UK, France, The Caribbean, the Greek Islands, Spain, the Canaries and the Balearics. A good introduction to the fun of naked leisure. (approx 55 mins)

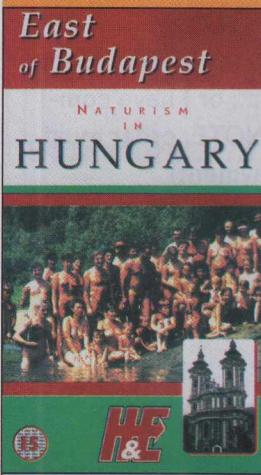
*In Harmony with Nature*  
£21.99 inc UK p&p



## NATURISM IN THE UK

Dutch naturist Marieke tries out English naturism for the first time. She also returns to visit her native Yorkshire. This Parafotos video also covers Rhoscolyn on Anglesey, Charnwood Acres, and BDOC. Several of Charlie's 'Angels' help answer the question - Why Go Naked?

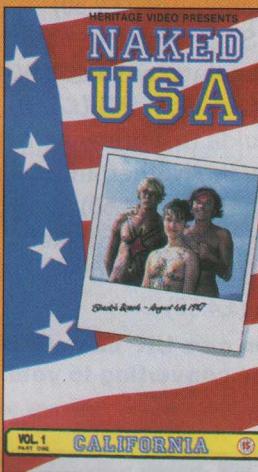
*Why Go Naked?*  
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## HUNGARY

From the historic splendour of Budapest to the rural charm of the Hortobagy; from mediaeval Muslim Eger to Calvinist Debrecen there are naturist camps of every shape, size and constitution imaginable. Enjoy this series of glimpses into the naked lifestyle of those East of Budapest. (approx 47 minutes). A Viewpoint video.

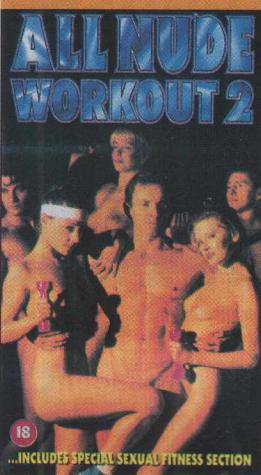
*Naturism in Hungary*  
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## CALIFORNIA - USA

"Anything you can do with clothes - you can do without." Find out if that's true in the first volume of Naked USA (California). Features Hawaiian wedding, bareback riding, underwater swimming and Black's Beach. (Vol 2 also available - nude skydiving, Indian rituals, hot springs) both approx 60 mins) Heritage videos

*California 1; California 2*  
each £21.95 inc UK p&p

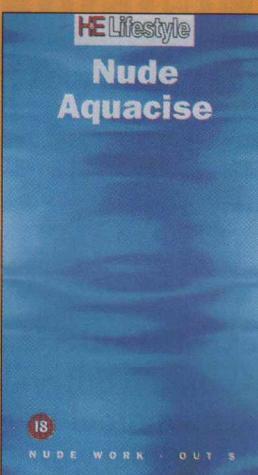


## NAKED KEEP FIT

Want to get into shape and keep fit nature's way? Then try this, the second of the Nude Work Out series. Not only can you learn to shape and firm your body, you can feel encouraged by the other naturists taking part in the video work out. (approx 55 mins). Majorvisions videos

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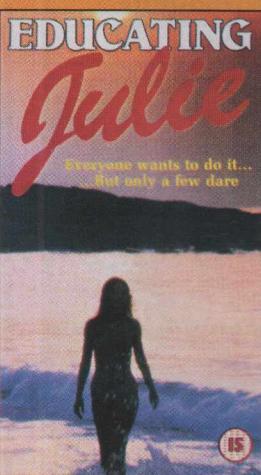
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*Naked Yoga or Aquacise*  
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## NAKED CLASSIC

This 100 minute video tells the tale of shy, timid Julie who takes on a college project entitled "Nudity in the 80's". Through her research to various resorts and sun clubs, she discovers the joys of naturism for herself. Follow her first tentative - and embarrassed - steps through to nude self confidence. A Heritage video

*Educating Julie*  
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## NAKED CLASSIC

Follow city girls Petrina, Pamela and Jacky as they explore Devon and Cornwall and stumble across naturism for the first time when they meet Bridget and Angela. That's when their holiday really starts! A 60's classic starring Pamela Green. (approx 60 mins) A Heritage video

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# H&E

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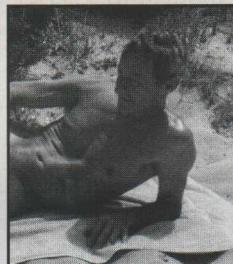
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**Notts. David and Susan** invite you to enjoy nudity and massage together or individually. David also has private facilities for gents preferring a masseur. Sauna, Showers, Relaxation. Tel. 0115 9232 484 (910287 9903)

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**London, Kensington** black male masseur offers the best professional massage ever £25. per hour. ITEC qualified home hotel visits and other services available. Everyone welcome contact David 24hrs 0171 603 1664 (910165 9904)

**S.E. Kent.** Lady offers relaxing naturist massage in the comfort and privacy of her own sea-side home. Phone after 11am for appointment Tel. 01843-580041. (910293 9904)

**Stockport.** Swedish full body massage. Friendly, unhurried service by mature non-smoking masseur (Btec/ Merit). £18 for one and a half hours. Mornings/evenings. Mike 0161 430 8234. (910291 9903)

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**Northampton-Banbury** Qualified female Therapist/Counsellor offers aromatherapy, Reflexology, Shiatsu, Swedish, Tao massage and counselling. Private home studio with sauna and shower. Park Studios. Tel: 01604 404461 or 0411 290918 (910045 9903)

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**Guildford.** Masseur I.T.E.C. qualified offers full naturist body massage to ladies, gentlemen, couples in private clinic or local home visits. Phone Christopher 01483 211050 (910077 9903)

**Look on page 58 for details on FREE advertising!!!**

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**Artist** seeks models for a photographic documentary, ages 1-80, male and female. Ages still needed: Male 78, Female: ,66 -68 ,75- 80. Travel expenses paid and print available. Telephone Tony Kelly 0171 627 5439 (910208 9903)

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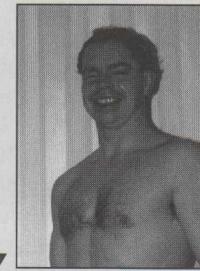
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**Men, all ages** and physical types, at ease with exhibiting to another male, write, Enclosing Photographs. ALA. Box no. 990201 (910334 9903)



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## For FREE colour guide

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**H&E wants**  
to interview single women naturists for a future feature (anonymity may be retained for the article). If you can help, write to the Editor at the usual address.

(910339 9903)

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Ring our answerphone on 0181 983 9969 and ask for 'H&E Club details', leaving your name and address and we'll send you details of what's on. Various workshops will be held in the autumn and winter months

## ONE TO ONE GENUINE CONTACTS

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**H&E Want's**  
to interview men and women who have overcome physical disabilities to enjoy a naturist lifestyle. If you can help, write to the Editor at the usual address.  
(910339 9903)

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Please note the Naturist Guide to Europe is now out of print, though we have a few Volume 2 left. We expect the new edition to be available in May

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# This is the life!

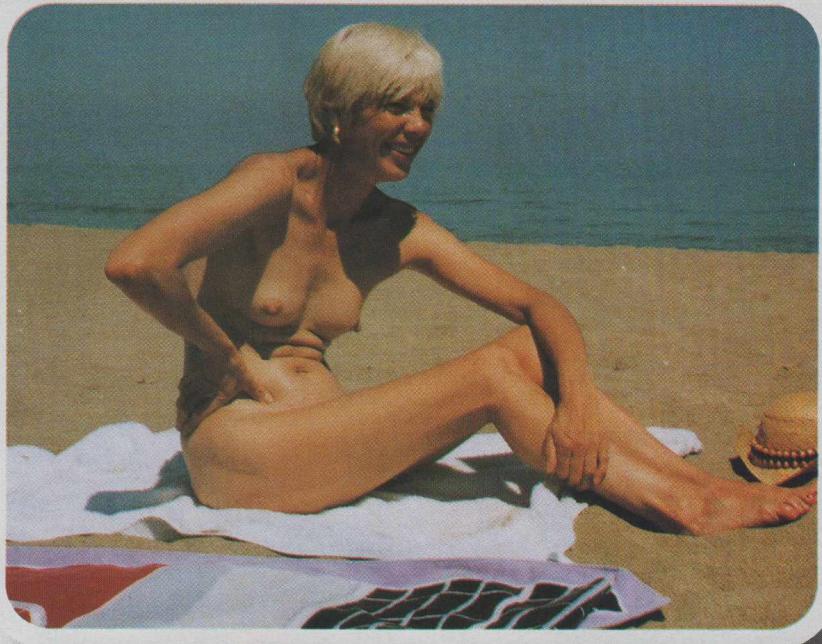
Years of hardship can end in naturist nirvana. Barbara Matthews meets a woman who's just getting a taste of what a naked life can offer



We had several summer visitors this year. One was an old friend, Ron. He is now a widower. He brought with him a lady friend named Paula who he met at a singles club. Ron likes to be naturist whenever possible, in his home or garden and on occasional holidays.

But my story is about Paula. Paula is 49 years old and has lived in east London for most of her life and was brought up in a male dominated household with four brothers and always kept her body covered up and told me that even now she would never go to the front door in her dressing gown.

When she was 21, she married a handsome Irishman. They had four daughters and Paula also had two miscarriages. Life was very rough. Her husband liked a drink, but it got worse and he soon became an alcoholic. He would often come home drunk, smash the place up and knock her about. Paula and her children would find occasional relief in halfway houses or homes for battered wives. Then her husband would calm down, vow never to do it again and she would go back home - but he didn't really ever change.



One day, which Paula remembers even now very vividly, he came home blind drunk. It was snowing heavily, but she locked him out and, despite his threats, would not let him into the house. She felt really frightened, but knew that she had to do something as she could not carry on any longer. She had suffered 14 years of living on her nerves, never knowing what he would do next.

Eventually, after a long hard fight, she managed to get a divorce. Even so, her husband did everything in his power to prolong things and to make life hard for her.

Paula made a few friends and after a while started to go out occasionally with them. At a local dance she met a Jewish man. They got on well and began to go out together. "Why don't you marry him?" asked her mum. Paula said, "Mum, I don't love him." "Well," her mother replied, "the children need a father - love will come in time."

They did get married and Paula went to Israel to meet the family of her new husband. Sadly, things went wrong from the very start of her new marriage. Paula thinks it was because of their different religious beliefs. After only two years of marriage Paula was divorced once again.

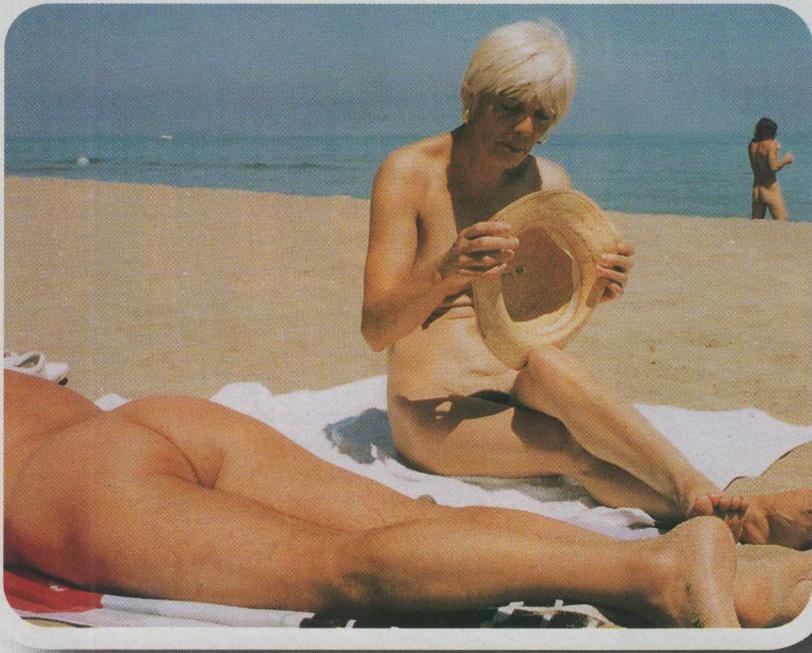
Not long after this, Paula heard her first husband was seriously ill with cancer. He lived on his own just around the corner to her, so she took him back into her home and nursed him until he died 18 months later. That was some years ago. Paula's children are now grown up and she has eight lovely grandchildren. The problem is that all the family live nearby and expect mum to look after the little ones whenever they want to go out.

Then Paula met Ron and now she is beginning to experience a new way of life. Not long ago Ron took her on holiday to Turkey. She found it very hard to tell the children that she was going.

They had a really good time in Turkey, got on well together and met some interesting people. On one outing they discovered an old man that lived in shack on a beach and was nick-named Robinson Crusoe.

Back home again, Paula soon got into the old routine - minding the children and looking after her extended family. However, Ron is gradually managing to get her out a bit more, even if it is only to his own house where ↗

**"Later on  
Paula went  
into the sea  
for a swim  
and played  
bat and ball  
on the  
beach"**



she can relax for a while.

One day when Paula was at Ron's house the weather was very hot and sunny. Ron told Paula that he liked to sunbathe in the nude whenever it was possible. Her immediate reaction was "I ain't into that," thinking that it was some kind of perversion. But Ron carried on with a little gentle persuasion and eventually Paula decided to give it a try herself. Although she would sunbathe in Ron's very large and completely private garden, she always felt uneasy in case anyone came round.

When Ron brought Paula to France to stay with us, he had already told her that we were naturists. I showed her some of our naturist photo albums. She liked the photos and thought they were natural and not at all

crude. We all decided to go to the beach the following day. Before we went I took Paula to one side and said, "Look, if you want to wear a swimsuit, go ahead. Just do whatever you want to do, feel comfortable and enjoy yourself".

We got to the beach and soon began to strip off. It was another sizzling hot day. I was surprised to see Paula took everything off as well. She sat on her towel a little uneasy at first, but nothing was said by the rest of us.

As the day went on she became more and more relaxed. As she stretched out on her towel and sunbathed I thought it was the right time to now ask her how she felt. "It just feels so natural," she confided in me. "No-one takes any notice of you - I feel so free."

Later on Paula went into the sea for a swim and played bat and ball on the beach. We also had a game of boule and she did quite well for a beginner - and all in the nude. It was a lovely day and everyone had a great time. Paula had brought two swimsuits with her, but in the end she didn't bother to wear either of them. She told me she had really enjoyed her days on the beach. "It's a bit different to Southend," she joked. "This is the life, I want to stay here forever."

By the time Paula left us she no longer looked tired and drained and had a healthy suntan. The painful and irritating psoriasis that had plagued her for years, had completely gone from her neck and wrist. The healthy fresh air was probably a lot to do with it, but I think the fact she was completely relaxed and free from stress was the main benefit.

Thinking about Paula's life reminded me of a little verse that I read somewhere many years ago;

"Time heals the wound, dims the memories and replaces them by need."

The old love remains and is loyal and eternal, but time makes room in a human soul for new love." I hope that Paula has found the confidence and love which she well deserves.

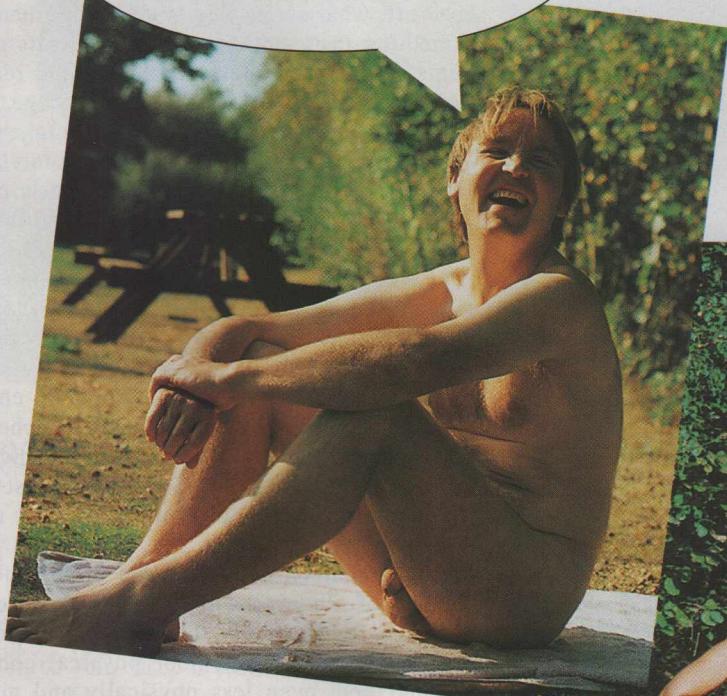
# Christmas Pie Woods - the H&E Club

Now is the time to think about getting your membership organised for the April 1998 - March 1999 season at Christmas Pie Woods.

This year, Membership is just £60 per single, couple or family.

Send for full details to New Freedom Publications Ltd.,  
(Christmas Pie), Bow House Business Centre,  
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I'm all right Jack -  
I live here!



I'm going to get in this  
photo somehow....



Set in over 12 acres of landscaped woodland and sunbathing lawns, the H&E club offers you a warm welcome.

Come and join us!

From burnt  
out bankers  
to bored  
housewives,

**we're all turning to junk food to  
escape the trials of everyday  
living. Dale Matthews reports**



# IS STRESS M

**W**hat's the first thing you do when the going gets tough? Reach for a fag, a stiff drink or the biscuit tin? For many it could be all three but while most of us may exercise caution around fags and alcohol, a chocolate Hob-Nob seems relatively harmless. But when snacking is your reaction to a stressful situation, from an emotional crisis to office boredom, the weight can pile on, health starts to suffer and your way of dealing with stress becomes the source of new stress.

The taste, texture and sensation of ice cream or chocolate all contribute to a sense of well-being. The creamy sweetness is a comfort first introduced to us as children. When a kid's screaming his or her head off, what better way to shut it up than shove something tasty but not nutritious in its mouth? Some of our most ingrained habits and reactions stem from behaviour learned at an early age.

As adults we have the capability to take control of our eating habits. We have the intellect to rationalise our cravings and the self-discipline to step in and stop harmful behaviour. Well that's the theory anyway, but most of us feel resentful at depriving ourselves of the scrummier things in life, especially when the down side is a result of accumulative slip-ups rather than merely one step out of line.

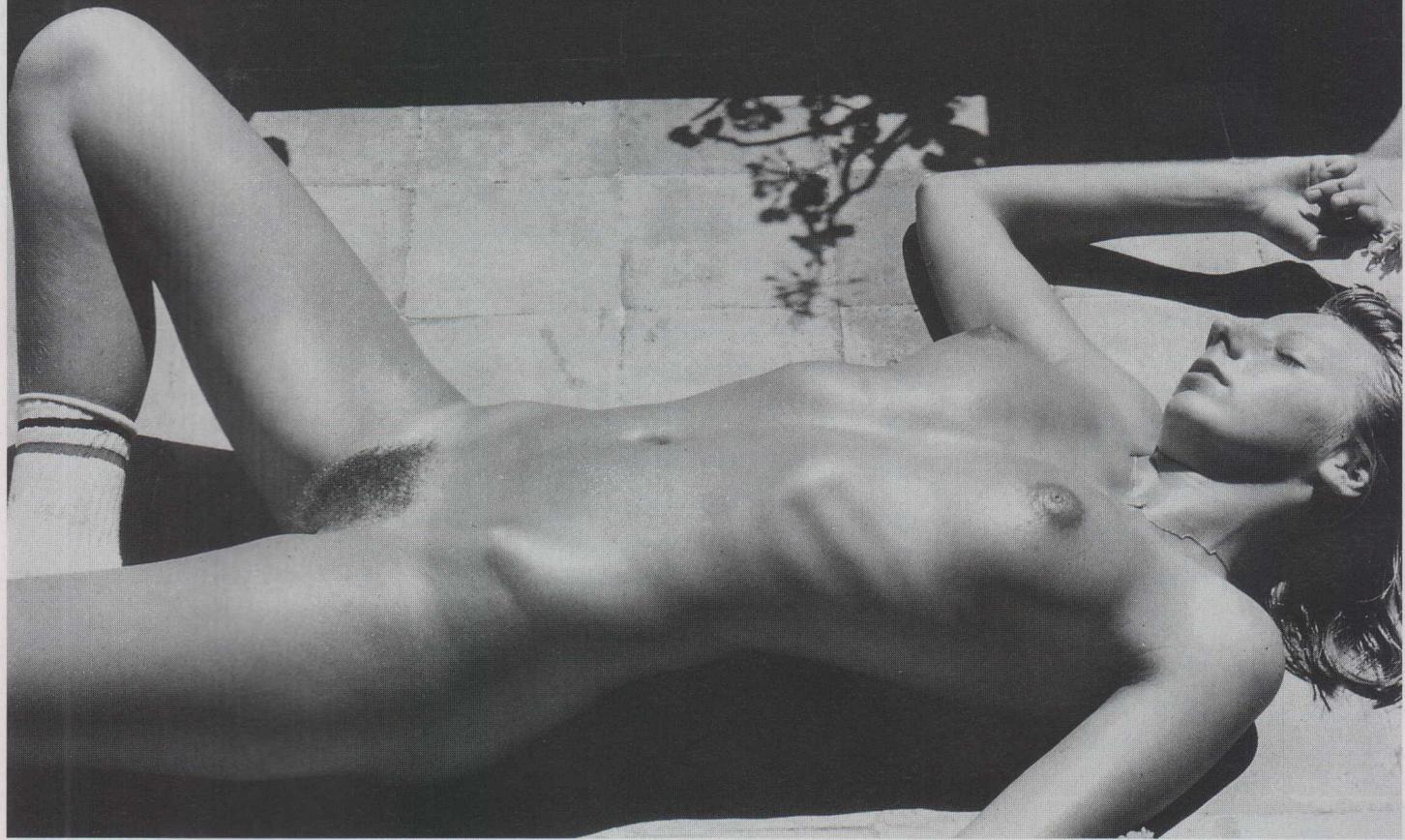
It doesn't help that there's an actual chemical reaction in our brain to eating foods like chocolate. A substance called serotonin is released which gives us feelings of contentment. Those who insist they're chocoholics maybe onto something - they may be addicted to this chemical!

Unfortunately, healthy meals often require an element of planning which the stressed-out have little time for. Ironically, their poor diet leaves them malnourished and in a poor physical condition, making them even less physically and mentally capable.

The trick is to realise when you're eating in reaction to stress rather than genuine hunger pangs. When you reach for the biscuit tin, ask yourself if your stomach is empty, is it rumbling, does it want food? If you eat when you feel agitated find other ways of dealing with that agitation; either take action to calm yourself, chew gum or nibble a healthier option like carrots or sunflower seeds.

Turning to food is better than alcohol or smoking, but obesity is an increasing health risk. At least you don't have to totally give up the foods you enjoy eating, just be aware of when you really want them and when taking other action will be more healthy and just as satisfying.

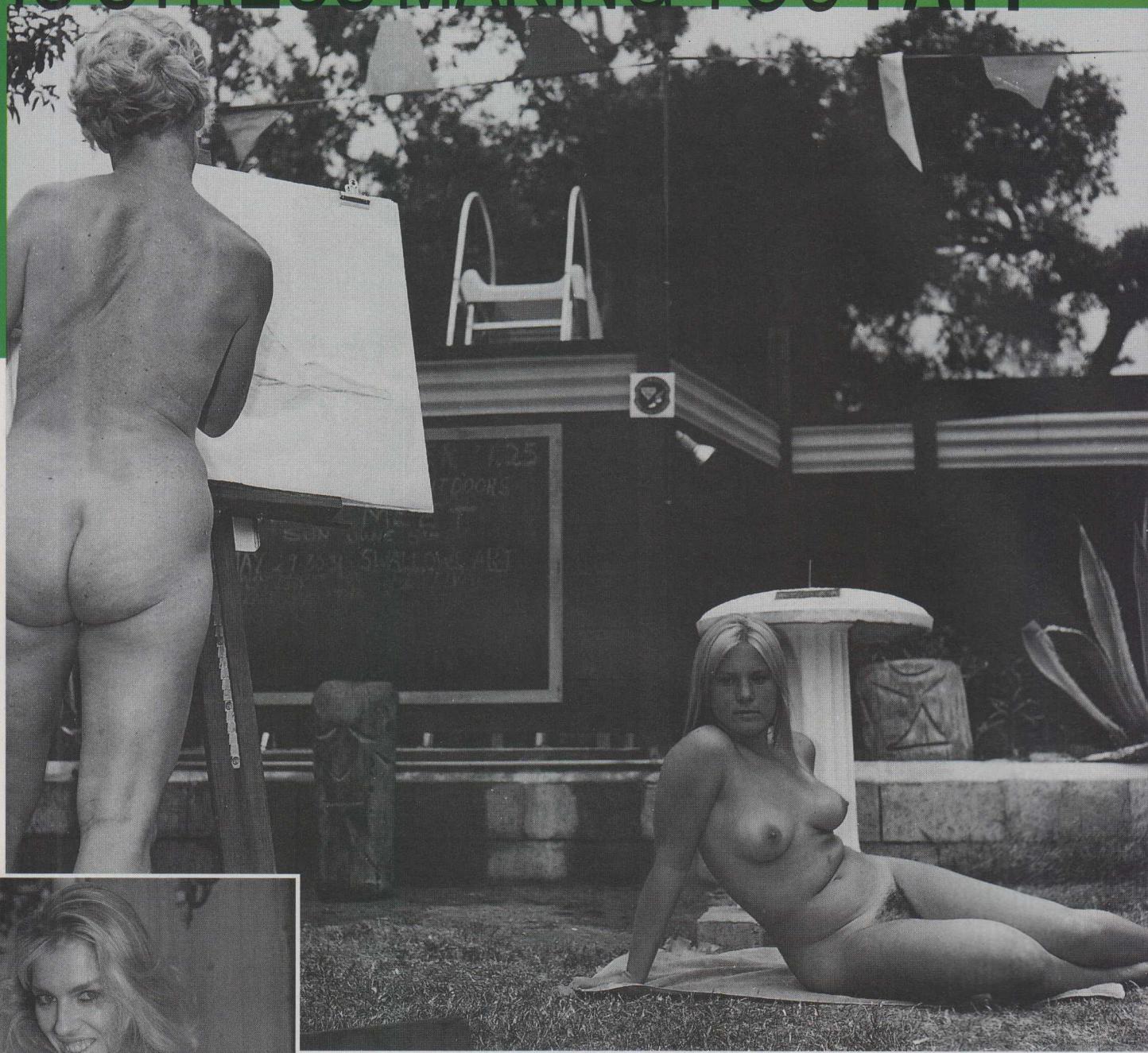
# MAKING YOU FAT?



Instead of munching...

- 1 Pause before you reach for a snack - ask yourself, are you really hungry?
- 2 Is there a healthier alternative at hand, why not introduce a fruit bowl into the office?
- 3 Take three very deep breaths and blank your mind - it's easy to eat in frenzy if you're working in a frenzy.
- 4 Having a glass of wine with your meal can relax you and make you less likely to eat in reaction to stress.
- 5 A big healthy breakfast is a great natural booster, it will mean sugars are released into your blood stream at a constant level over the morning and you'll be less likely to nibble.
- 6 If you're staying in of an evening with nothing but choccies for company, cheer yourself with a scented bath or calling a friend.
- 7 Allow your cravings to pass and if they don't, then allow yourself a very little of what you fancy.
- 8 If you need oral stimulation, try sugar-free gum.
- 9 Exercising regularly makes you more inclined to eat more healthily.

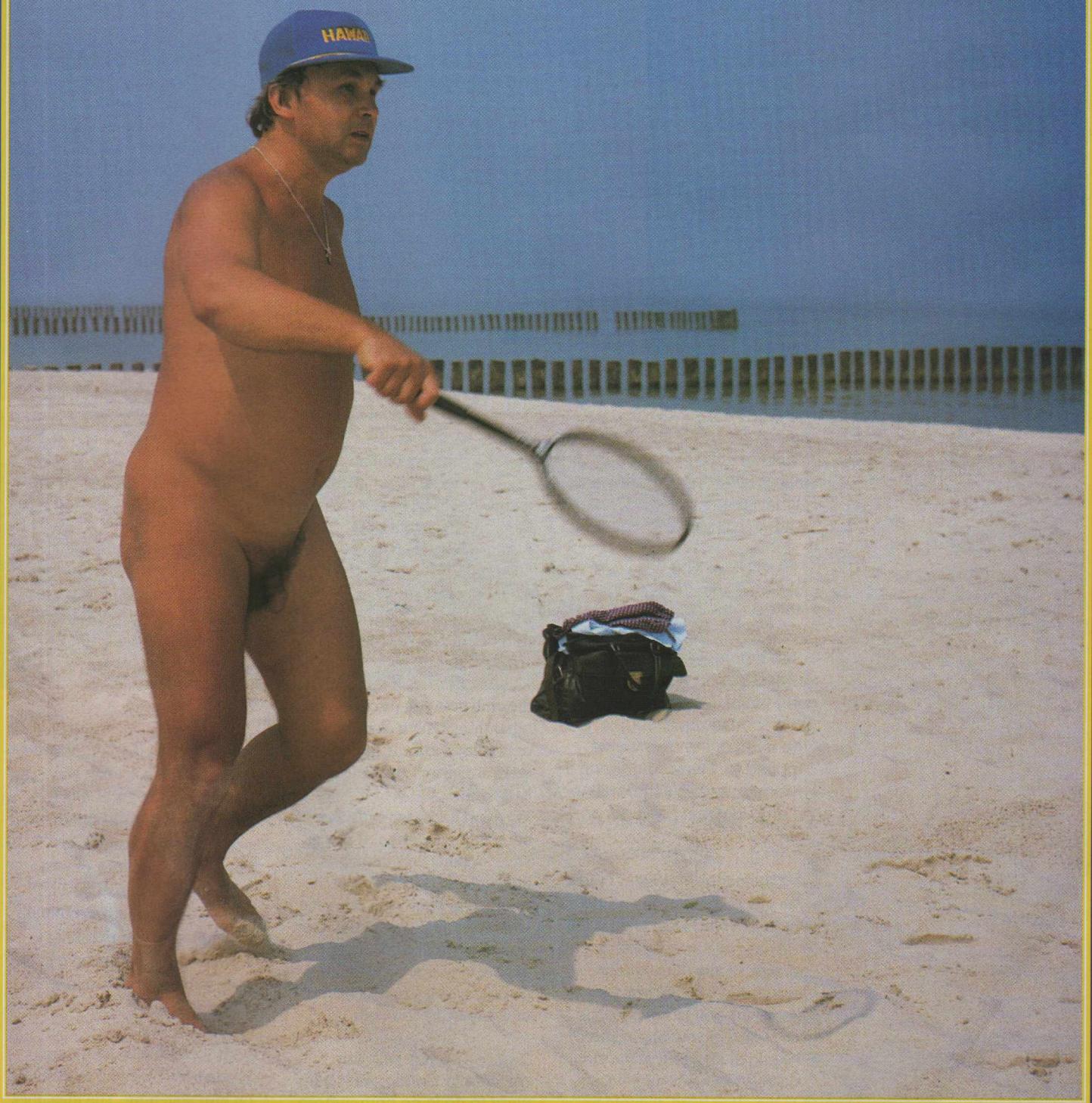
# IS STRESS MAKING YOU FAT?



## Ways to Relax

- 1 Incorporate yoga into your daily routine and you'll learn techniques that will help calm you throughout the day.
- 2 Listen to music when you're doing boring work - it will give you a lift.
- 3 Use scented candles and oil burners to fill your home with soothing smells.
- 4 If your evenings are too long, find stimulating things to fill them like meeting friends and going to the cinema.
- 5 Find a new hobby or join an evening class; it means your life won't revolve around work, or if you have too much spare time will give you a rewarding interest.
- 6 Exercise is a great way to get rid of the adrenaline that's produced by stress.

# Activate your life!





# DIANA AND GEORGE

It had to happen I suppose.  
We've been given our marching orders. Our brains have become addled and confused and those that speak from on high have announced we are now surplus to requirements.  
Hey, put away that hankie! The truth of the matter is we've decided to call an end to all our agonising and drop all your worries and problems right into the laps of another couple.  
Regular readers will know them well already... Who are they?  
Aha, you'll just have to wait a month to find out, won't you?  
Meantime, I hope we can pop up here and there throughout the country (or even the world, given the opportunity - hint, hint), write reports and send back piccies of some of the amazing naturist opportunities that are available to us all. We both spend far too much time sitting around theorising!  
And so to this months' post bag:

"My partner and I are keen to join a local naturist club. We've lived together for five years. The problem is, we're both males. We've been turned down for membership, and I think it's because we don't constitute a 'couple' in the eyes of the club we've applied to. I was wondering if this counts as discrimination in any way that I can act on."

D: Well, it could be discrimination, but I don't think you can act on it in any useful way. All a club's got to do is tell you they've a waiting list at present, or any other similar reason, and who are you to know why you have not been successful in your application? It could indeed be that the club was full when you applied... On the other hand, it could be

that your face didn't fit, you'd be none the wiser. And if that is the case, do you really want to belong to a club where you were not welcome in the first place?

G: Most clubs need to keep a balance between the number of men and women apparently, so their membership may be "full" for some and not others. This has nothing to do with your sexual inclination. There are some non-landed clubs and spas and saunas that cater specifically for gays - keep an eye out for their ads.

"We joined a club last year and recently we have been invited to renew our membership. However, when I sat down and worked it out, I realised that it had cost us a fortune because we'd only managed to visit there a few times in the whole year. Is it really worth belonging to a club?"

G: Well, that depends on why you joined in the first place. You can, of course, simply go to the beach or the countryside to enjoy naturism or belong to a club where you pay much less to be a member but pay for each visit you make. But presumably you joined that particular club because it was conveniently located? Additionally, membership of a club usually offers far more than just the possibility to be nude in a social environment occasionally. For instance, you are part of a "community" with similar ideas. You will often find there are daytime and evening social functions you can attend.

D: Sometimes membership of the club gets you discounts on other things, such as insurance or holidays. Off the main season, there are swims and saunas to go to as well.

We don't know your reasons for not going very often. If it was work or other commitments, then unless something has changed in your lives this year, it won't be any different this year. You may well be better off paying to go for occasional naturist holiday breaks instead of committing to a club.

"I get so fed up with our weather in Britain. All I really want to do is go somewhere

where the weather is predictable, earn enough to get by on and leave this country well behind. Any suggestions?"

D: I presume you mean predictably warm and dry, rather than the Arctic Circle?

G: If you aren't fussed about a naturist environment, apply to the holiday companies to rep, though you have left it far too late for this year. If you can literally get by on just board and lodging, then you stand a chance of getting something in a naturist environment

D: Yes, I have to say that naturists - and presumably naturist entrepreneurs and businesses - are by nature stingy! Your age could count against you too - if you're over 30, maybe you could look for a site maintenance job rather than repping? Spend this year getting some relevant experience and making as many contacts as you can, too.

G: Otherwise, what about voluntary organisations? If you can afford to do it, take a year out and get out doing Voluntary Service Overseas or working on a Kibbutz. Ask in your local library for relevant names and addresses.

"I enjoy being naked on the beach or at the club, but I do feel that there should be more to social nudity than that. I've heard in America at some nudist clubs that they hold conferences and workshops and things to expand one's horizons. Why don't we seem to do that here?"

D: I think that kind of thing does happen here in a small way. The thing about the US is that they have a much larger pool of people to call upon. I know from our small experience of workshops at Christmas Pie Woods that it's hard to build up the numbers, you're asking a specialist group of people to be even more specialised in what they wish to do.

G: It's a bit like asking train spotters to come to a workshop on bird watching. The idea does

have merit though. It's good to try to expand your horizons and how much better to do that among people you already share a common bond with.

D: Yes, but I do find it depressing to organise all sorts of mind-enhancing stuff such as language tuition and meditation but all everyone seems to want to do is splosh body paint all over each other and drink wine...

G: Hey, lighten up! It's supposed to be fun, remember!

D: True! Pass the chocolate body paint...



If you have a question or a problem write to Agony Column New Freedom Publications Ltd., Bow House Business Centre, 153 - 159 Bow Road, London, E3 2SE. Enclose an sae if you're like a personal reply.

### Get advice from our new medical lines

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"Can you tell us the name of a club that we could join that does a lot of sport as well as having a social side? I'd like to keep fit as well being able to be naked when I can. I already do weight training and belong to the local football team."

G: I don't think there is a naturist football team. Can anyone tell us different? I can't imagine playing football naked - imagine getting smacked by the football, or kicked, in the testicles! You could try to organise one for yourself. I guess you could be a dressed team composed of naturists. It gives you a novel angle for publicity at any rate! Some clubs have volleyball teams, and loads of miniten teams (miniten is like a form of tennis only played with wooden "bats" ("thugs") that fit over your hand rather than racquets. It's fast and good fun. Petanque has taken off too - if you're competitive you might enjoy that, though it's hardly fast action!

D: Swimming is quite high on club agendas too. There are often regional competitions.

G: In your area, you could try contacting Aztecs Sun Club, Crawley, W. Sussex RH10 3PE.

**Don't miss the naked celebrities that will be hosting the column from next month...**

# Sun, sea and fun in . . .

## Greece

**Ramnous** is a tolerated beach 30 miles north east of Athens. You reach it by following the signs at Marathon to Kato Souli-Ramnous until the road ends with a gate. Go left by the fence onto a path that goes by a gorge and a little Greek church. A right turn here will lead you onto three small pebbly beaches below the ruins.

**South east of Thessaloniki**, the region called Chalidice divides into three prongs. Sithonia is the middle prong with naturist beaches at **Platamitsi** and **Armenistis** coves on the east coast of Sidonia peninsula and at small beaches **Azapiko** and **Triptistas** on the western shore.

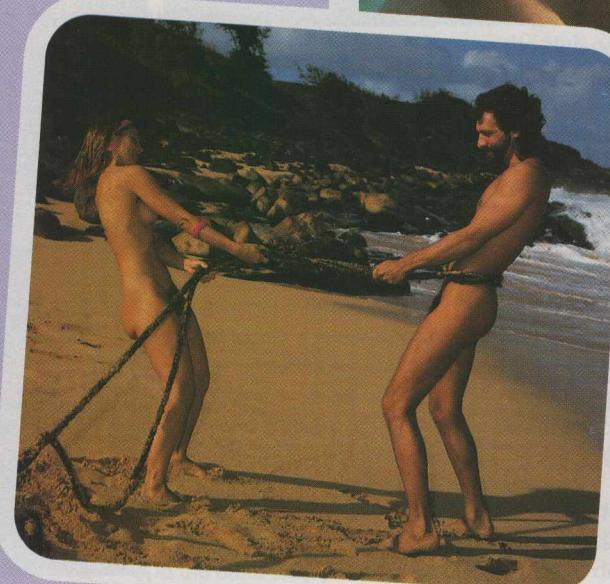
The beach at **Schinios**, south of **Ramnous**, is very tranquil but you need to be discreet.

**The Lena-Mary Beach Hotel Nudist Centre** is located at Pexxothalassa 210 51 Ermioni which is a small town on the western coast of the Peloponnese peninsula. The hotel can be reached by ferry from Athens or from the land bridge at Corinth.

**Naturist  
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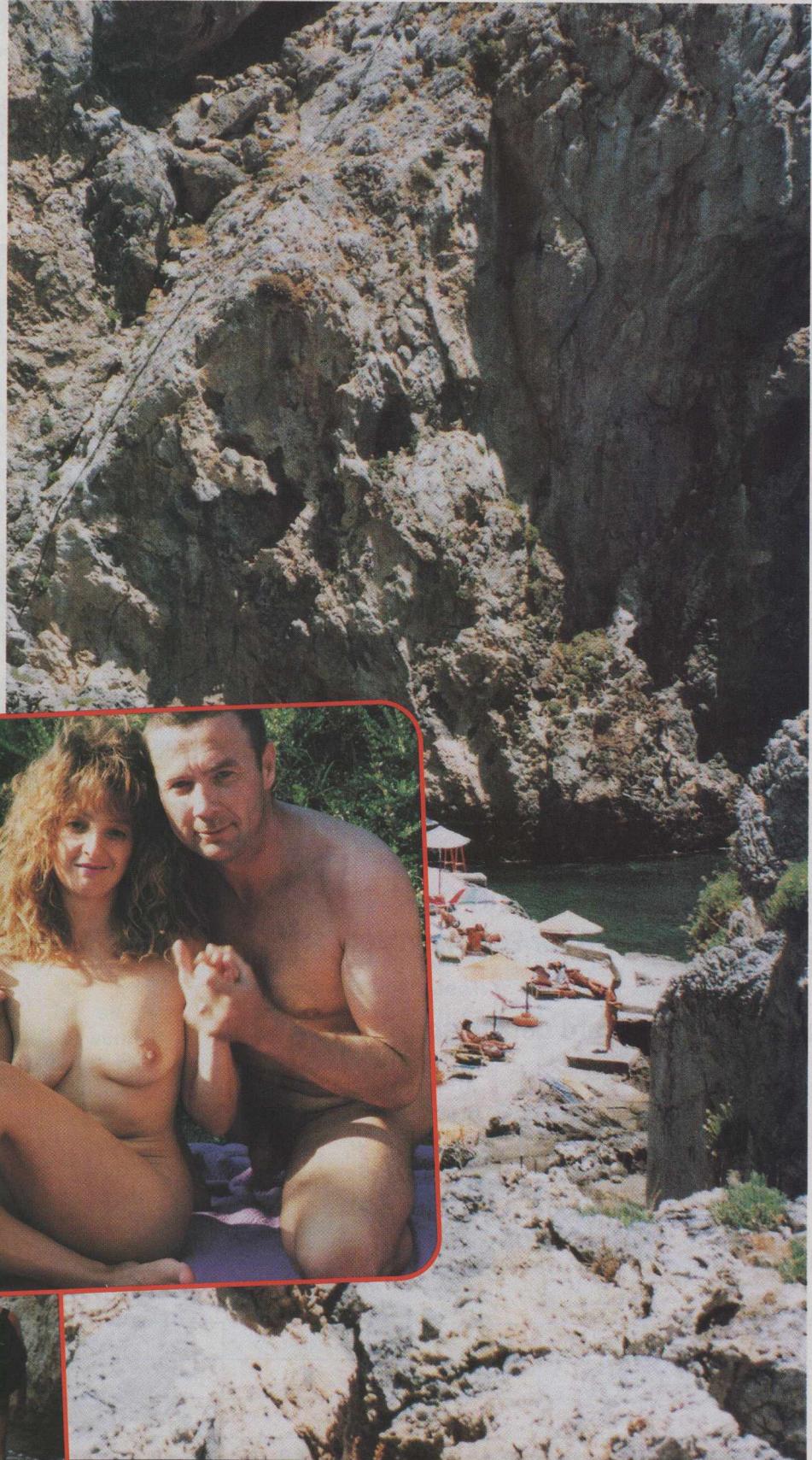
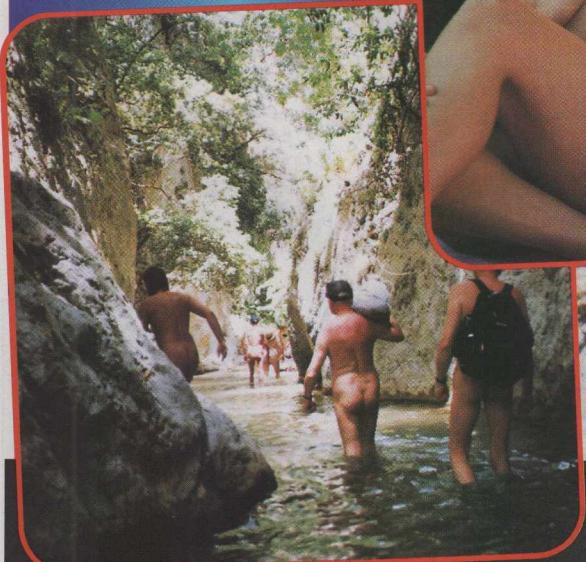


# COMING NEXT MONTH

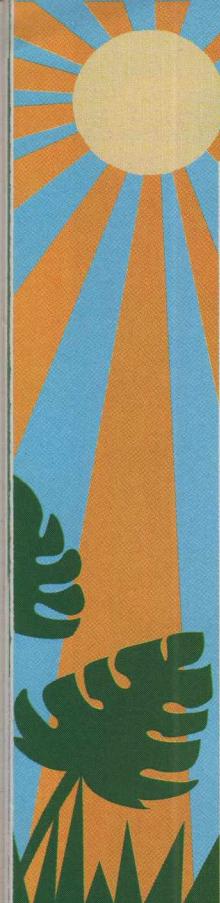
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# H&E



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